

Wrist bands must be worn for class participation

PLEASE SIGN IN DAILY-THANKS!

Reminder!

- To participate in "Aquatic" activities you must register and sign a waiver of liability
- You must also attend/view a pool orientation on safety and guidelines

MONDAY

*2) Free Swim
9:10-10:30AM*

*Silver Sneakers
Water Aerobics w/Iris
11AM Noon-Yoga*

*Free Swim
(Cycles & Treadmills)
12:15pm – 1:45pm*

*9) Free Swim
9:10-10:30AM*

*Silver Sneakers
Water Aerobics w/Iris
11AM Noon-Yoga*

*Free Swim
(Cycles & Treadmills)
12:15pm – 1:45pm*

•••••
Aqua ZUMBA w/Carla

Tuesdays 12:15PM
& Fridays 11AM

**Carla is
BACK!**



TUESDAY

*3) Free Swim
9:10-10:30AM*

*Free Swim
(Cycles & Treadmills)
11AM-12PM*

*Aqua ZUMBA w/Carla
12:15pm – 1:15pm*

*10) Free Swim
9:10-10:30AM*

*Free Swim
(Cycles & Treadmills)
11AM-12PM*

*Aqua ZUMBA w/Carla
12:15pm – 1:15pm*

**The PINNACLE
Aquatic
Fitness Center
May 2022**

H₂O! Spring Time is Pool Time!
5525-D Hobby Rd. Houston, TX 77053

M-F 9:00AM-2:00PM

WEDNESDAY

*4) Free Swim
9:10AM-10:30AM*

*Silver Sneakers
Water Aerobics w/Iris
11AM Noon-Yoga*

*Free Swim
(Cycles & Treadmills)
12:15pm – 1:45pm*

*11) Free Swim
9:10AM-10:30AM*

*Silver Sneakers
Water Aerobics w/Iris
11AM Noon-Yoga*

*Free Swim
(Cycles & Treadmills)
12:15pm – 1:45pm*

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You must shower before entering the pool
You must wear appropriate swimwear and water shoes
NO bandages or open sores/wounds

THURSDAY

*5) Free Swim
9:10AM-10:30AM*

*Silver Sneakers
Water Aerobics w/Iris
11AM Noon-Yoga*

*Free Swim
(Cycles & Treadmills)
12:15pm – 1:45pm*

*12) Free Swim
9:10AM-10:30AM*

*Silver Sneakers
Water Aerobics w/Iris
11AM Noon-Yoga*

*Free Swim
(Cycles & Treadmills)
12:15pm – 1:45pm*

**Silver Sneakers
Water Aerobics &
Yoga w/Iris
M, W, & TH
at 11AM Noon-Yoga**

Free for SS members
\$5 for non-members

FRIDAY

*6) Free Swim
9:10-10:30AM*

*Aqua ZUMBA w/Carla
11AM-12PM*

*Free Swim
(Cycles & Treadmills)
12:15pm – 1:45pm*

*13) Free Swim
9:10-10:30AM*

*Aqua ZUMBA w/Carla
11AM-12PM*

*Free Swim
(Cycles & Treadmills)
12:15pm – 1:45pm*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

16) Free Swim
9:10-10:30AM

Silver Sneakers
Water Aerobics w/Iris
11AM Noon-Yoga

Free Swim
(Cycles & Treadmills)
12:15pm – 1:45pm

17) Free Swim
9:10-10:30AM

Free Swim
(Cycles & Treadmills)
11AM-12PM

Aqua ZUMBA w/Carla
12:15pm – 1:15pm

18) Free Swim
9:10AM-10:30AM

Silver Sneakers
Water Aerobics w/Iris
11AM Noon-Yoga

Free Swim
(Cycles & Treadmills)
12:15pm – 1:45pm

19) Free Swim
9:10AM-10:30AM

Silver Sneakers
Water Aerobics w/Iris
11AM Noon-Yoga

Free Swim
(Cycles & Treadmills)
12:15pm – 1:45pm

20) Free Swim
9:10-10:30AM

Aqua ZUMBA w/Carla
11AM-12PM

Free Swim
(Cycles & Treadmills)
12:15pm – 1:45pm

23) Free Swim
9:10-10:30AM

Silver Sneakers
Water Aerobics w/Iris
11AM Noon-Yoga

Free Swim
(Cycles & Treadmills)
12:15pm – 1:45pm

24) Free Swim
9:10-10:30AM

Free Swim
(Cycles & Treadmills)
11AM-12PM

Aqua ZUMBA w/Carla
12:15pm – 1:15pm

25) Free Swim
9:10AM-10:30AM

Silver Sneakers
Water Aerobics w/Iris
11AM Noon-Yoga

Free Swim
(Cycles & Treadmills)
12:15pm – 1:45pm

26) Free Swim
9:10AM-10:30AM

Silver Sneakers
Water Aerobics w/Iris
11AM Noon-Yoga

Free Swim
(Cycles & Treadmills)
12:15pm – 1:45pm

27) Free Swim
9:10-10:30AM

Aqua ZUMBA w/Carla
11AM-12PM

Free Swim
(Cycles & Treadmills)
12:15pm – 1:45pm

30) Fort Bend County
Holiday



The Pinnacle Aquatic
Fitness Center
will be CLOSED in
observance of the
Memorial Day holiday

31) Free Swim
9:10-10:30AM

Free Swim
(Cycles & Treadmills)
11AM-12PM

Aqua ZUMBA w/Carla
12:15pm – 1:15pm

The water is warm!
Get your jumpstart to
summer fitness at the
Pinnacle Aquatic Fitness
Center



Classes close
5 minutes after
start
Please arrive on time
and ready to exercise
No Jumping or Diving
into the pool

• • REMEMBER • •



Silver Sneakers!



Join Iris for Yoga
Mondays-Wednesdays-
Thursdays at Noon!