

Wrist bands must be worn for class participation

PLEASE SIGN IN DAILY-THANKS!

<p>Reminder!</p> <ul style="list-style-type: none"> •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 <p>MONDAY</p>	<p>•••••</p> <p>Aqua ZUMBA w/Carla Tuesdays & Fridays 11AM</p>  <p>TUESDAY</p>	<p>The PINNACLE Aquatic Fitness Center November 2022</p> <p><i>Happy Veteran's Day & Thanksgiving Day!</i></p> <p>5525-D Hobby Rd. Houston, TX 77053</p> <p>M-F 9:00AM-2:00PM</p> <p>WEDNESDAY</p>	<p>•••••</p> <p>You must shower before entering the pool You must wear appropriate swimwear and water shoes NO bandages or open sores/wounds</p> <p>THURSDAY</p>	<p>Silver Sneakers Water Aerobics & Yoga w/Iris M,W, & TH 11AM</p> <p>▪ Yoga 10AM ▪</p> <p>Free for SS members \$5 for non-members</p> <p>FRIDAY</p>
<p>Classes close 5 minutes after start Please arrive on time and ready to exercise No Jumping or Diving into the pool</p> <p>•• REMEMBER ••</p> 	<p>1) Free Swim 9:10-10:30AM</p> <p><i>Aqua ZUMBA w/Carla 11AM – 12PM</i></p> <p><i>Free Swim (Cycles & Treadmills) 12:15pm – 1:45pm</i></p>	<p>2) Free Swim 9:10AM-10:30AM</p> <p>Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM</p> <p><i>Free Swim (Cycles & Treadmills) 12:15pm – 1:45pm</i></p>	<p>3) Free Swim 9:10AM-10:30AM</p> <p>Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM</p> <p><i>Free Swim (Cycles & Treadmills) 12:15pm – 1:45pm</i></p>	<p>4) Free Swim 9:10-10:30AM</p> <p><i>Aqua ZUMBA w/Carla 11AM-12PM</i></p> <p><i>Free Swim (Cycles & Treadmills) 12:15pm – 1:45pm</i></p>
<p>7) Free Swim 9:10-10:30AM</p>	<p>8) Free Swim 9:10-10:30AM</p>	<p>9) Free Swim 9:10AM-10:30AM</p>	<p>10) Free Swim 9:10AM-10:30AM</p>	<p>11) Fort Bend County Holiday</p>
<p>Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM</p>	<p>ELECTION DAY! Vote 7am-7pm AT THE PINNACLE SENIOR CENTER!</p> <p><i>Aqua ZUMBA w/Carla 11AM – 12PM</i></p>	<p>Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM</p>	<p>Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM</p>	<p>The Pinnacle Aquatic Fitness Center will be CLOSED in observance of the Veteran's Day holiday</p>
<p><i>Free Swim (Cycles & Treadmills) 12:15pm – 1:45pm</i></p>	<p><i>Free Swim (Cycles & Treadmills) 12:15pm – 1:45pm</i></p>	<p><i>Free Swim (Cycles & Treadmills) 12:15pm – 1:45pm</i></p>	<p><i>Free Swim (Cycles & Treadmills) 12:15pm – 1:45pm</i></p>	

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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

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

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

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

Silver Sneakers
10AM-Yoga
Water Aerobics w/Iris
11AM

Aqua ZUMBA w/Carla
11AM – 12PM

Silver Sneakers
10AM-Yoga
Water Aerobics w/Iris
11AM

Silver Sneakers
10AM-Yoga
Water Aerobics w/Iris
11AM

Aqua ZUMBA w/Carla
11AM-12PM

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

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

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

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

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

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

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

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

**24) Fort Bend
County Holiday**
The Pinnacle
Aquatic Fitness Center
will be CLOSED in
observance of the
Thanksgiving Day
holiday

**25) Fort Bend
County Holiday**
The Pinnacle
Aquatic Fitness Center
will be CLOSED in
observance of the
Thanksgiving Day
holiday

Silver Sneakers
10AM-Yoga
Water Aerobics w/Iris
11AM

Aqua ZUMBA w/Carla
11AM – 12PM

Silver Sneakers
10AM-Yoga
Water Aerobics w/Iris
11AM



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

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

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

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

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

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

**The Pinnacle
Aquatic Fitness
Center will be
CLOSED on
November 11th for
Veteran's Day & on
November 24th &
25th for the
Thanksgiving Day
holiday**

Yoga Class Alert!
Silver Sneakers
Yoga begins at
10AM
Mondays, Wednesdays
& Thursdays

Silver Sneakers
10AM-Yoga
Water Aerobics w/Iris
11AM

Aqua ZUMBA w/Carla
11AM – 12PM

Silver Sneakers
10AM-Yoga
Water Aerobics w/Iris
11AM



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

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

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

