


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

•••••
Aqua ZUMBA w/Carla
Tuesdays & Fridays 11AM

TUESDAY

The PINNACLE Aquatic Fitness Center
September 2022
 H₂O! Hello Fall! 
 5525-D Hobby Rd. Houston, TX 77053
M-F 9:00AM-2:00PM
WEDNESDAY

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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

Silver Sneakers Water Aerobics & Yoga w/Iris
M,W, & TH 11AM
 ▪ **Yoga 10AM** ▪
 Free for SS members
 \$5 for non-members
FRIDAY

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

••REMEMBER••



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The Pinnacle Aquatic Fitness Center will be CLOSED on September 5th for Labor Day & September 23rd for Fort Bend County Fair Day
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Yoga Class Alert!
Silver Sneakers
Yoga begins at 10AM
Mondays, Wednesdays & Thursdays



1) Free Swim 9:10AM-10:30AM
Silver Sneakers 10AM-Yoga
Water Aerobics w/Iris 11AM
Free Swim (Cycles &Treadmills) 12:15pm – 1:45pm

2) Free Swim 9:10-10:30AM
Aqua ZUMBA w/Carla 11AM-12PM
Free Swim (Cycles &Treadmills) 12:15pm – 1:45pm

5) Fort Bend County Holiday
 The Pinnacle Aquatic Fitness Center will be CLOSED in observance of the Labor Day holiday



6) Free Swim 9:10-10:30AM
Aqua ZUMBA w/Carla 11AM – 12PM
Free Swim (Cycles &Treadmills) 12:15pm – 1:45pm

7) Free Swim 9:10AM-10:30AM
Silver Sneakers 10AM-Yoga
Water Aerobics w/Iris 11AM
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Silver Sneakers 10AM-Yoga
Water Aerobics w/Iris 11AM
Free Swim (Cycles &Treadmills) 12:15pm – 1:45pm

9) 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

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|---|---|---|---|---|
| <p>12) Free Swim 9:10-10:30AM</p> | <p>13) Free Swim 9:10-10:30AM</p> | <p>14) Free Swim 9:10AM-10:30AM</p> | <p>15) Free Swim 9:10AM-10:30AM</p> | <p>16) Free Swim 9:10-10:30AM</p> |
| <p>Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM</p> | <p>Aqua ZUMBA w/Carla 11AM – 12PM</p> | <p>Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM</p> | <p>Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM</p> | <p>Aqua ZUMBA w/Carla 11AM-12PM</p> |
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| <p>19) Free Swim 9:10-10:30AM</p> | <p>20) Free Swim 9:10-10:30AM</p> | <p>21) Free Swim 9:10AM-10:30AM</p> | <p>22) Free Swim 9:10AM-10:30AM</p> | <p>23) Fort Bend County Holiday</p> |
| <p>Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM</p> | <p>Aqua ZUMBA w/Carla 11AM – 12PM</p> | <p>Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM</p> | <p>Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM</p> | <p><i>The Pinnacle Aquatic Fitness Center will be CLOSED in observance of the County Fair Day holiday</i></p> |
| <p>Free Swim (Cycles &Treadmills) 12:15pm – 1:45pm</p> | <p>Free Swim (Cycles &Treadmills) 12:15pm – 1:45pm</p> | <p>Free Swim (Cycles &Treadmills) 12:15pm – 1:45pm</p> | <p>Free Swim (Cycles &Treadmills) 12:15pm – 1:45pm</p> |  |
| <p>26) Free Swim 9:10-10:30AM</p> | <p>27) Free Swim 9:10-10:30AM</p> | <p>28) Free Swim 9:10AM-10:30AM</p> | <p>29) Free Swim 9:10AM-10:30AM</p> | <p>30) Free Swim 9:10-10:30AM</p> |
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