

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 a pool orientation on safety and guidelines

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 This is a Temporary Schedule and will change as a result of pool use



Silver Sneakers is Canceled

The PINNACLE Aquatic Fitness Center
December 2019

 5525-D Hobby Rd. Houston, TX 77053
M-F 9:00AM-2:00PM

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

Pool Schedule Subject to Change please call:
832-471-2765
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*Especially inclement weather days*

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

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

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

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

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

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

*Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon*

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(Cycles &Treadmills)  
11AM-Noon*

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(Cycles &Treadmills)  
11AM-Noon*

*Free Swim  
12:30-1:30PM*

*Free Swim  
12:30-1:30PM*

*Free Swim  
12:30-1:30PM*

*Free Swim  
12:30-1:30PM*

*Free Swim  
12:30-1:30PM*

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

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

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

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

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

*Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon*

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11AM-Noon*

*Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon*

*Free Swim  
12:30-1:30PM*

*Free Swim  
12:30-1:30PM*

*Free Swim  
12:30-1:30PM*

*Free Swim  
12:30-1:30PM*

*Free Swim  
12:30-1:30PM*



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

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

**Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon**

**Free Swim  
12:30-1:30PM**

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

**Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon**

**Free Swim  
12:30-1:30PM**

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

**Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon**

**Free Swim  
12:30-1:30PM**

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

**Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon**

**Free Swim  
12:30-1:30PM**

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

**Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon**

**Free Swim  
12:30-1:30PM**

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

**Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon**

**Free Swim  
12:30-1:30PM**

**24) Fort Bend County  
Holiday**

**The Pinnacle Aquatic  
Fitness Center will be  
CLOSED  
in observance of the  
Christmas Eve Holiday**

**25) Fort Bend County  
Holiday**

**The Pinnacle Aquatic  
Fitness Center will be  
CLOSED  
in observance of the  
Christmas Day Holiday**

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

**Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon**

**Free Swim  
12:30-1:30PM**

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

**Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon**

**Free Swim  
12:30-1:30PM**

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

**Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon**

**Free Swim  
12:30-1:30PM**

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

**Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon**

**Free Swim  
12:30-1:30PM**

**The PINNACLE  
Aquatic Fitness Center  
is only accessible  
during the times listed  
on the schedule**



**ALL SILVER SNEAKERS  
CLASSES CANCELED**

**Pool Features**

- Size- 75' x 30' 4ft. deep
- Walk ramp, chair lift & stairs makes accessibility accommodating for all abilities
- Male/Female locker rooms, restrooms and shower
- Aqua Cycles & Treadmills
- Water walkers
- Jog belts & dumbbells in a variety of resistance levels
- Free Swim time

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

**• • REMEMBER • •**



