

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
- MONDAY**

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



TUESDAY

The PINNACLE Aquatic Fitness Center
November 2019

~~~~~WELCOME!~~~~~  
 5525-D Hobby Rd. Houston, TX 77053  
**M-F 9:00am-2:00pm**  
**WEDNESDAY**

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

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

- 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

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



Silver Sneakers Classes are also indicated as (SS)

Aqua Zumba w/Carla
 Is postponed until further notice (Awaiting Contract w/Fort Bend County)
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 After contract is finalized, Carla will teach an Aqua Zumba class on **Tuesday & Thursday** from **12:30-1:30PM**

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



1) **Free Swim**  
**9:30-10:30AM**  
**11AM-Noon**  
**12:30-1:30PM**



4) **Silver Sneakers SPLASH (Aerobics)**  
**9:30-10:30AM**  
**Aqua Fit (Cycles & Treadmills)**  
**11AM-Noon**  
**Free Swim**  
**12:30-1:30PM**

5) **Silver Sneakers SPLASH (Aerobics)**  
**9:30-10:30AM**  
**Aqua Fit & (SS)Cycle (Cycles & Treadmills)**  
**11AM-Noon**  
**Free Swim**  
**12:30-1:30PM**

6) **Silver Sneakers SPLASH (Aerobics)**  
**9:30-10:30AM**  
**Aqua Fit & (SS)SPLASH (Cycles & Treadmills)**  
**11AM-Noon**  
**Free Swim**  
**12:30-1:30PM**

7) **Free Swim**  
**9:30-10:30AM**  
**Aqua Fit (Cycles & Treadmills)**  
**11AM-Noon**  
**Free Swim**  
**12:30-1:30PM**

8) **Free Swim**  
**9:30-10:30AM**  
**Aqua Fit (Cycles & Treadmills)**  
**11AM-Noon**  
**Free Swim**  
**12:30-1:30PM**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

**11) Fort Bend County  
Holiday**

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

**12) Silver Sneakers  
SPLASH (Aerobics)**

**9:30-10:30AM**

**Aqua Fit & (SS) Cycle  
(Cycles &Treadmills)**

**11AM-Noon**

**Free Swim**

**12:30-1:30PM**

**13) Silver Sneakers  
SPLASH (Aerobics)**

**9:30-10:30AM**

**Aqua Fit & (SS)SPLASH  
(Cycles &Treadmills)**

**11AM-Noon**

**Free Swim**

**12:30-1:30PM**

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

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

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

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

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

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

**18) Silver Sneakers  
SPLASH(Aerobics)**

**9:30-10:30AM**

**Aqua Fit  
(Cycles &Treadmills)**

**11AM-Noon**

**Free Swim**

**12:30-1:30PM**

**19) Silver Sneakers  
SPLASH (Aerobics)**

**9:30-10:30AM**

**Aqua Fit & (SS) Cycle  
(Cycles &Treadmills)**

**11AM-Noon**

**Free Swim**

**12:30-1:30PM**

**20) Silver Sneakers  
SPLASH (Aerobics)**

**9:30-10:30AM**

**Aqua Fit & (SS) SPLASH  
(Cycles &Treadmills)**

**11AM-Noon**

**Free Swim**

**12:30-1:30PM**

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

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

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

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

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

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

**25) Silver Sneakers  
SPLASH (Aerobics)**

**9:30-10:30AM**

**Aqua Fit  
(Cycles &Treadmills)**

**11AM-Noon**

**Free Swim**

**12:30-1:30PM**

**26) Silver Sneakers  
SPLASH (Aerobics)**

**9:30-10:30AM**

**Aqua Fit & (SS) Cycle  
(Cycles &Treadmills)**

**11AM-Noon**

**Free Swim**

**12:30-1:30PM**

**27) Silver Sneakers  
SPLASH (Aerobics)**

**9:30-10:30AM**

**Aqua Fit & (SS) SPLASH  
(Cycles &Treadmills)**

**11AM-Noon**

**Free Swim**

**12:30-1:30PM**

**28) Fort Bend County  
Holiday**

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

**29) Fort Bend County  
Holiday**

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

