

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

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Aqua ZUMBA w/Carla

Tuesdays 12:15PM & Fridays 11AM

Postponed until April 19th!



TUESDAY

The PINNACLE Aquatic Fitness Center March 2022

The Pool is Open to a new you in 2022
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 at 11AM Noon-Yoga

Free for SS members \$5 for non-members

FRIDAY

Silver Sneakers!



Join Iris for Yoga

Mondays-Wednesdays-Thursdays at Noon!

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

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

Aqua ZUMBA w/Carla 12:15pm – 1:15pm

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

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

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

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

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

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

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

Aqua ZUMBA w/Carla 11AM-12PM

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

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

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

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

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

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

Aqua ZUMBA w/Carla 12:15pm – 1:15pm

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

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

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

10) 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 9:10-10:30AM

Aqua ZUMBA w/Carla 11AM-12PM

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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

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

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

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

**Aqua ZUMBA w/Carla
12:15pm – 1:15pm**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Aqua ZUMBA w/Carla
12:15pm – 1:15pm**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Aqua ZUMBA w/Carla
12:15pm – 1:15pm**

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

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

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

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

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

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

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

• • REMEMBER • •

