

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 12:15PM & Fridays 11AM

Carla Returns April 19th!



The PINNACLE Aquatic Fitness Center April 2022

H₂O! Spring Time is Pool Time!
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

Silver Sneakers Water Aerobics & Yoga w/Iris M, W, & TH at 11AM Noon-Yoga

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 ••



Carla's Aqua Zumba classes for April 1st, 5th, 8th, & 12th are still postponed until the 19th!

We know you have missed the music, the water, the fun w/friends & Carla!

See you on the 19th at 12:15pm!

Silver Sneakers!



Join Iris for Yoga

Mondays-Wednesdays-Thursdays at Noon!

Carla returns for Aqua Zumba on April 19th!
•• 12:15pm ••

Tell your friends, tell your neighbors and let's get back into the pool!!!!

The weather is nice, the pool is warm!

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

Aqua ZUMBA w/Carla 11AM-12PM

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

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

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

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

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

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

Aqua ZUMBA w/Carla 12:15pm – 1:15pm

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

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

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

7) Free Swim 9:10AM-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

Aqua ZUMBA w/Carla 11AM-12PM

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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

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

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

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

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

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

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

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

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

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

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

**15) Fort Bend County
Holiday**



**The Pinnacle Aquatic
Fitness Center
will be CLOSED in
observance of the
Good Friday holiday**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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