


**No Lifeguards on Duty
Swim at Own Risk!**

Reminder!
Please sign in daily
•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/Video**
We will welcome Sandi Patterson when
her paper work is complete! Yay!
11AM
Tuesdays & Fridays
aqua

TUESDAY

**The PINNACLE
Aquatic
Fitness Center**
January 2024
Happy New Year!
5525-D Hobby Rd. Houston, TX 77053
M-F 7:45AM-2:00PM
WEDNESDAY

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

**Aqua Aerobics
w/Tyler**
**Mondays, Wednesdays
& Thursdays**
11AM
Free for All Members!
FRIDAY

**1) Fort Bend County
Holiday**
The Pinnacle Aquatic
Fitness Center will be
CLOSED in observance of
New Year’s Day Holiday



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

**3) Free Swim
9:10AM-10:30AM**
**Aqua Aerobics
w/Tyler
11AM**
**Free Swim
(Cycles &Treadmills)
12:15pm – 1:45pm**

**4) Free Swim
9:10AM-10:30AM**
**Aqua Aerobics
w/Tyler
11AM**
**Free Swim
(Cycles &Treadmills)
12:15pm – 1:45pm**

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

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

**Aqua Aerobics
w/Tyler
11AM**

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

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

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

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

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

**Aqua Aerobics
w/Tyler
11AM**

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

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

**Aqua Aerobics
w/Tyler
11AM**

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

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

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

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

15) Fort Bend County Holiday
The Pinnacle Aquatic Fitness Center will be **CLOSED** in observance of the Dr. Martin Luther King, Jr. Holiday



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

17) Free Swim
9:10AM-10:30AM
Aqua Aerobics w/Tyler
11AM
Free Swim (Cycles & Treadmills)
12:15pm – 1:45pm

18) Free Swim
9:10AM-10:30AM
Aqua Aerobics w/Tyler
11AM
Free Swim (Cycles & Treadmills)
12:15pm – 1:45pm

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

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

Aqua Aerobics w/Tyler
11AM

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

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

Aqua ZUMBA w/Video
11AM-12PM

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

24) Free Swim
9:10AM-10:45AM

Aqua Aerobics w/Tyler
11AM

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

25) Free Swim
9:10AM-10:45AM

Aqua Aerobics w/Tyler
11AM

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

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

Aqua ZUMBA w/Video
11AM-12PM

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

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

Aqua Aerobics w/Tyler
11AM

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

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

Aqua ZUMBA w/Video
11AM-12PM

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

31) Free Swim
9:10AM-10:45AM

Aqua Aerobics w/Tyler
11AM

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

Lap Swimmers
7:45 – 9:05 AM



Notice!
Swim lessons are in session during free swim 9:10-10:45am in designated area

Please see Tyler for individual water workouts designed for free swim
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We encourage you to dress for swimming w/the weather change in warmer attire!
Long sleeve tops and calf or ankle pants
Brrrr, it's COLD!