


May 2024 Aquatics Calendar

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 video on safety and guidelines

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

The Pinnacle Aquatic Fitness Center
 5525-D Hobby Rd. Houston, Texas 77053
 Monday –Friday
 7:30am – 4:00pm
New Hours

Aqua ZUMBA
Monday & Friday
 11am-12pm
And
Aqua Aerobics
Tuesday, Wednesday & Thursday
 11am-12pm
Tuesday & Thursday 2pm - 3pm
FBC Members



No Lifeguards on Duty Swim at Your own Risk!!!
 Aqua Balance w/ Sandi
 Wednesdays 12:15pm - 1:15pm **NEW**

MONDAY

Tuesday

WEDNESDAY

THURSDAY

FRIDAY

Lap Swimmers
 7:45 – 9:05 AM



IMPORTANT
No Free-Swimming During Lap Swimming Period

Oak St. Health will hand out water bottles and snacks on the following dates:
 May 7th 9-10am
 May 23rd -10am

1
Free Swim
 9:05-10:30AM
 (Cycles &Treadmills)
Aqua Aerobics
 w/Tyler
 11AM-12pm
Aqua Balance w/Sandie
 12:15pm-1:15pm
Free Swim
 (Cycles &Treadmills)
 1:15pm – 4:00pm

2
Free Swim
 9:05-10:30AM
 (Cycles &Treadmills)
Aqua Aerobics
 w/Tyler
 11AM-12pm
Free Swim
 (Cycles &Treadmills)
 12:15pm – 1:45pm
Aqua Aerobics w/Tyler
 2pm-3pm

3
Free Swim
 9:05-10:30AM
Aqua ZUMBA
 w/Sandi
 11am-12pm
Free Swim
 (Cycles &Treadmills)
 12:15pm – 4:00pm

6
Free Swim
 9:05-10:30AM
 (Cycles &Treadmills)
Aqua ZUMBA
 w/Sandi
 11am-12pm
Free Swim
 (Cycles &Treadmills)
 12:15pm – 4:00pm

7
Free Swim
 9:05-10:30AM
 (Cycles &Treadmills)
Aqua Aerobics
 w/Tyler
 11AM-12pm
Free Swim
 (Cycles &Treadmills)
 12:15pm – 1:45pm
Aqua Aerobics w/ Tyler
 2pm-3pm

8
Free Swim
 9:05-10:30AM
 (Cycles &Treadmills)
Aqua Aerobics
 w/Tyler
 11AM-12pm
Aqua Balance w/Sandie
 12:15pm-1:15pm
Free Swim
 (Cycles &Treadmills)
 1:15pm – 4:00pm

9
Free Swim
 9:05-10:30AM
 (Cycles &Treadmills)
Aqua Aerobics
 w/Tyler
 11AM-12pm
Free Swim
 (Cycles &Treadmills)
 12:15pm – 1:45pm
Aqua Aerobics w/Tyler
 2pm-3pm

10
Free Swim
 9:05-10:30AM
 (Cycles &Treadmills)
Aqua ZUMBA
 w/Sandi
 11am-12pm
Free Swim
 (Cycles &Treadmills)
 12:15pm – 4:00pm

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>13</p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p> <p>Aqua ZUMBA w/Ms. Sandi 11am-12pm</p> <p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 4:00pm</p>	<p>14</p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p>	<p>15</p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p>	<p>16</p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p>	<p>17</p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p>	
	<p>Aqua Aerobics w/Tyler 11AM-12pm</p>	<p>Aqua Aerobics w/Tyler 11AM-12pm</p>	<p>Aqua Aerobics w/Tyler 11AM-12pm</p>	<p>Aqua Aerobics w/Tyler 11AM-12pm</p>	<p>Aqua ZUMBA w/Ms. Sandi 11am-12pm</p>
	<p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45pm</p> <p>Aqua Aerobics w/Tyler 2pm-3pm</p>	<p><i>Aqua Balance w/Sandie</i> 12:15pm-1:15pm <i>Free Swim</i> (Cycles &Treadmills) 1:15pm – 4:00pm</p>	<p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45pm</p> <p>Aqua Aerobics w/Tyler 2pm-3pm</p>	<p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45pm</p> <p>Aqua Aerobics w/Tyler 2pm-3pm</p>	<p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 4:00pm</p>
<p>20</p> <p><i>Free Swim</i> 9:05-10:30AM</p> <p>Aqua ZUMBA w/Sandi 11am-12pm</p> <p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 4:00pm</p>	<p>21</p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p>	<p>22</p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p>	<p>23</p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p>	<p>24</p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p>	
	<p>Aqua Aerobics w/Tyler 11AM-12pm</p>	<p>Aqua Aerobics w/Tyler 11AM-12pm</p>	<p>Aqua Aerobics w/Tyler 11AM-12pm</p>	<p>Aqua Aerobics w/Tyler 11AM-12pm</p>	<p>Aqua ZUMBA w/Sandi 11am-12pm</p>
	<p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45</p> <p>Aqua Aerobics w/Tyler 2pm-3pm</p>	<p><i>Aqua Balance w/Sandie</i> 12:15pm-1:15pm <i>Free Swim</i> (Cycles &Treadmills) 1:15pm – 4:00pm</p>	<p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45pm</p> <p>Aqua Aerobics w/Tyler 2pm-3pm</p>	<p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45pm</p> <p>Aqua Aerobics w/Tyler 2pm-3pm</p>	<p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 4:00pm</p>
<p>27</p> <p>Memorial Day</p>	<p>28</p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p>	<p>29</p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p>	<p>30</p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p>	<p>31</p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p>	
	<p>Aqua Aerobics w/Tyler 11AM-12pm</p>	<p>Aqua Aerobics w/Tyler 11AM-12pm</p>	<p>Aqua Aerobics w/Tyler 11AM-12pm</p>	<p>Aqua Aerobics w/Tyler 11AM-12pm</p>	<p>Aqua ZUMBA w/Sandi 11am-12pm</p>
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