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

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

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







November 2019 **WELCOME!**

The PINNACLE

Aquatic

Fitness Center

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**

Classes close

5 minutes after start

Please arrive on time

and ready to exercise

No Jumping or Diving

into the pool

Pool Schedule Subject to Change please call: 832-471-2765

~~~~~~~~~~ Especially inclement

weather davs FRIDAY

1) Free Swim

9:30-10:30AM

11AM-Noon

12:30-1:30PM



## TUESDAY

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) \*\*\*\*

After contract is finalized, Carla will teach an Aqua Zumba class on

Tuesday & Thursday from 12:30-1:30PM

• • • REMEMBER • • •



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

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

| 11) Fort Bend County Holiday  * * * * * The Pinnacle Aquatic Fitness Center will be CLOSED in observance of the Veterans Day Holiday  18) Silver Sneakers SPLASH (Aerobics) 9:30-10:30AM Aqua Fit & (SS) Cycle (Cycles & Treadmills) 11AM-Noon Free Swim Aqua Fit & (SS) Cycle (Cycles & Treadmills) 11AM-Noon Free Swim Aqua Fit & (SS) Cycle (Cycles & Treadmills) 11AM-Noon Free Swim Aqua Fit & (SS) Cycle (Cycles & Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  18) Silver Sneakers SPLASH (Aerobics) 9:30-10:30AM Aqua Fit & (SS) Cycle (Cycles & Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  21) Free Swim Aqua Fit (Cycles & Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  22) Free Swim Aqua Fit (Cycles & Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  23) Silver Sneakers SPLASH (Aerobics) 9:30-10:30AM Aqua Fit & (SS) Cycle (Cycles & Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  25) Silver Sneakers SPLASH (Aerobics) 9:30-10:30AM Aqua Fit & (SS) SPLASH (Cycles & Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  25) Silver Sneakers SPLASH (Aerobics) 9:30-10:30AM Aqua Fit & (SS) SPLASH (Cycles & Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  25) Silver Sneakers SPLASH (Aerobics) 9:30-10:30AM Aqua Fit & (SS) SPLASH (Cycles & Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  26) Silver Sneakers SPLASH (Aerobics) 9:30-10:30AM Aqua Fit & (SS) SPLASH (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 Holiday Holiday                                                                                                                                                                                                                                                                                                                                                                                                 | MONDAI                 | 1023041               | WEDNESDAT              | IIIONSDAI                             | MIDAIYSATORDAT         |
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| Holiday   12:30-1:30PM   12:30-10:30AM   Aqua Fit & (SS) Cycle (Cycles & Treadmills)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                        | 1 , 2                 | ' '                    | I I AIVI-NOON                         | I I AIVI-NOON          |
| Holiday  12:30-1:30PM  12:30-10:30AM  Aqua Fit (Cycles & Treadmills)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | of the Veterans Day    | Free Swim             | Free Swim              | Free Swim                             | Free Swim              |
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| Aqua Fit (Cycles & Treadmills)  11AM-Noon Free Swim 12:30-1:30PM  25) Silver Sneakers SPLASH (Aerobics) 9:30-10:30AM Aqua Fit & (SS) Cycle (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) Cycle (Cycles & Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  Aqua Fit & (SS) SPLASH (Cycles & Treadmills) 12:30-10:30AM Aqua Fit & (SS) Cycle (Cycles & Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  Aqua Fit & (SS) SPLASH (Cycles & Treadmills) 12:30-10:30AM Aqua Fit & (SS) Cycle (Cycles & Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  Aqua Fit & (SS) SPLASH (Cycles & Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  Aqua Fit & (SS) SPLASH (Cycles & Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  Aqua Fit & (SS) SPLASH (Cycles & Treadmills) 12:30-1:30PM  Aqua Fit & (SS) SPLASH (Cycles & Treadmills) 12:30-1:30PM  Aqua Fit & (SS) SPLASH (Cycles & Treadmills) 12:30-1:30PM  Aqua Fit & (SS) SPLASH (Cycles & Treadmills) 12:30-1:30PM  Aqua Fit & (SS) SPLASH (Cycles & Treadmills) 12:30-1:30PM  Aqua Fit & (SS) SPLASH (Cycles & Treadmills) 12:30-1:30PM  Aqua Fit & (SS) SPLASH (Cycles & Treadmills) 12:30-1:30PM  Aqua Fit & (SS) SPLASH (Cycles & Treadmills) 12:30-1:30PM  Aqua Fit & (SS) SPLASH (Cycles & Treadmills) 12:30-1:30PM  The Pinnacle Aquatic Fitness Center will be CLOSED in observance of the Thanksgiving Day Holiday Holiday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | SPLASH(Aerobics)       | SPLASH (Aerobics)     | SPLASH (Aerobics)      | 9:30-10:30AM                          | 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 & (SS) Cycle (Cycles & Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  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) Cycle (Cycles & Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  Aqua Fit & (SS) Cycle (Cycles & Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  Aqua Fit & (SS) Cycle (Cycles & Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  Aqua Fit & (SS) Cycle (Cycles & Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  Aqua Fit & (SS) SPLASH (Cycles & Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  Aqua Fit & (SS) SPLASH (Cycles & Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  Aqua Fit & (SS) SPLASH (Cycles & Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  Aqua Fit & (SS) SPLASH (Cycles & Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  Aqua Fit & (SS) SPLASH (Cycles & Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  Aqua Fit & (SS) SPLASH (Cycles & Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  Aqua Fit & (SS) SPLASH (Cycles & Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  Aqua Fit & (SS) SPLASH (Cycles & Treadmills) 12:30-1:30PM  Aqua Fit & (SS) SPLASH (Cycles & Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  Aqua Fit & (SS) SPLASH (Cycles & Treadmills) 11AM-Noon Free Swim Observance of the Thanksgiving Day Holiday  Holiday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 9:30-10:30AM           | 9:30-10:30AM          | 9:30-10:30AM           | Anua Ei+                              | Aqua Eit               |
| Cycles &Treadmills   11AM-Noon   11AM-Noon   Free Swim   12:30-1:30PM   12:30-1   | Aqua Fit               | Aqua Fit & (SS) Cycle | Aqua Fit & (SS) SPLASH | -                                     | •                      |
| 11AM-Noon<br>Free Swim<br>12:30-1:30PM11AM-Noon<br>Free Swim<br>12:30-1:30PM11AM-Noon<br>Free Swim<br>12:30-1:30PMFree Swim<br>12:30-1:30PMFree Swim<br>12:30-1:30PMFree Swim<br>12:30-1:30PM25) Silver Sneakers<br>SPLASH (Aerobics)<br>9:30-10:30AM<br>Aqua Fit<br>(Cycles & Treadmills)<br>11AM-Noon<br>Free Swim<br>12:30-1:30PM26) Silver Sneakers<br>SPLASH (Aerobics)<br>9:30-10:30AM<br>Aqua Fit & (SS) Cycle<br>(Cycles & Treadmills)<br>11AM-Noon<br>Free Swim<br>12:30-1:30PM28) Fort Bend County<br>Holiday<br>The Pinnacle Aquatic<br>Fitness Center will be<br>CLOSED in<br>Observance of the<br>Thanksgiving Day<br>Holiday11AM-Noon<br>Free Swim<br>12:30-1:30PM11AM-Noon<br>12:30-1:30PMThanksgiving Day<br>Holiday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | (Cycles &Treadmills)   | (Cycles & Treadmills) | (Cycles &Treadmills)   | , , , , , , , , , , , , , , , , , , , | 1 ' '                  |
| 12:30-1:30PM12:30-1:30PM12:30-1:30PM12:30-1:30PM25) Silver Sneakers<br>SPLASH (Aerobics)<br>9:30-10:30AM<br>Aqua Fit<br>(Cycles & Treadmills)<br>11AM-Noon<br>Free Swim<br>12:30-1:30PM26) Silver Sneakers<br>SPLASH (Aerobics)<br>9:30-10:30AM<br>Aqua Fit & (SS) Cycle<br>(Cycles & Treadmills)<br>11AM-Noon<br>Free Swim<br>12:30-1:30PM28) Fort Bend County<br>Holiday<br>The Pinnacle Aquatic<br>Fitness Center will be<br>CLOSED in<br>observance of the<br>Thanksgiving Day<br>Holiday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 11AM-Noon              | 11AM-Noon             | 11AM-Noon              | I I AIVI-NOON                         | I I AINI-INOON         |
| 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 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 Holiday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Free Swim              | Free Swim             | Free Swim              | Free Swim                             | Free Swim              |
| SPLASH (Aerobics)<br>9:30-10:30AM<br>Aqua Fit<br>(Cycles & Treadmills)<br>11AM-Noon<br>Free Swim<br>12:30-1:30PMSPLASH (Aerobics)<br>9:30-10:30AM<br>Aqua Fit & (SS) Cycle<br>(Cycles & Treadmills)<br>11AM-Noon<br>Free Swim<br>12:30-1:30PMSPLASH (Aerobics)<br>9:30-10:30AM<br>Aqua Fit & (SS) SPLASH<br>(Cycles & Treadmills)<br>11AM-Noon<br>Free Swim<br>12:30-1:30PMHoliday<br>The Pinnacle Aquatic<br>Fitness Center will be<br>CLOSED in<br>observance of the<br>Thanksgiving Day<br>Holiday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 12:30-1:30PM           | 12:30-1:30PM          | 12:30-1:30PM           | 12:30-1:30PM                          | 12:30-1:30PM           |
| 9:30-10:30AM Aqua Fit (Cycles &Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  9:30-10:30AM Aqua Fit & (SS) Cycle (Cycles &Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  9:30-10:30AM Aqua Fit & (SS) SPLASH (Cycles &Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  12:30-1:30PM  13:30-10:30AM Aqua Fit & (SS) SPLASH (Cycles &Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  The Pinnacle Aquatic Fitness Center will be CLOSED in observance of the Thanksgiving Day Holiday  Holiday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 25) Silver Sneakers    | 26) Silver Sneakers   | 27) Silver Sneakers    | 28) Fort Bend County                  | 29) Fort Bend County   |
| Aqua Fit & (SS) Cycle (Cycles &Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  Aqua Fit & (SS) Cycle (Cycles &Treadmills) Aqua Fit & (SS) Cycle (Cycles &Treadmills) Aqua Fit & (SS) SPLASH (Cycles &Treadmills) Aqua Fit & (SS) SPLASH (Cycles &Treadmills) 11AM-Noon Free Swim 12:30-1:30PM  Fitness Center will be CLOSED in observance of the Thanksgiving Day Holiday  Holiday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | SPLASH (Aerobics)      | SPLASH (Aerobics)     | SPLASH (Aerobics)      | Holiday                               | Holiday                |
| (Cycles & Treadmills)(Cycles & Treadmills)(Cycles & Treadmills)CLOSED in observance of the observance of the Thanksgiving Day HolidayCLOSED in observance of the Thanksgiving Day Holiday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 9:30-10:30AM           | 9:30-10:30AM          | 9:30-10:30AM           | The Pinnacle Aquatic                  | The Pinnacle Aquatic   |
| 11AM-Noon11AM-Noon11AM-Noonobservance of the<br>Thanksgiving Day<br>Holidayobservance of the<br>Thanksgiving Day<br>Holiday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Aqua Fit               | Aqua Fit & (SS) Cycle | Aqua Fit & (SS) SPLASH | Fitness Center will be                | Fitness Center will be |
| Free SwimFree SwimFree SwimThanksgiving DayThanksgiving Day12:30-1:30PM12:30-1:30PMHolidayHoliday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | (Cycles &Treadmills)   | (Cycles & Treadmills) | (Cycles & Treadmills)  | CLOSED in                             | CLOSED in              |
| <i>12:30-1:30PM</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 11AM-Noon              | 11AM-Noon             | 11AM-Noon              | observance of the                     | observance of the      |
| <i>12:30-1:30PM</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Free Swim              | Free Swim             | Free Swim              | Thanksgiving Day                      | Thanksgiving Day       |
| andrewe andrewe andrewe andrewe                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 12:30-1:30PM           | 12:30-1:30PM          | 12:30-1:30PM           | Holiday                               |                        |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 333965                 | 335656                | 33356555               | 333656                                | 333466                 |

WEDNESDAY

**THURSDAY** 

FRIDAY/SATURDAY

**MONDAY** 

**TUESDAY**