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| ***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** | **• • • • • • • • • •****Aqua ZUMBA w/Carla****Every 1st, 2nd 4th & 5th** **Tuesday &** **Every Thursday** **12:30-1:30PM****TUESDAY** |  The PINNACLEAquatic Fitness Center April 2020“H2Oh! It’s Spring”5525-D Hobby Rd. Houston, TX 77053*M-F 9:00AM-2:00PM* WEDNESDAY | **• • • • • • • • • •**You must shower before entering the poolYou must wear appropriate swimwear and water shoesNO bandages or open sores/woundsTHURSDAY | Pool Schedule Subject to Changeplease call: 832-471-2765**≈≈≈≈≈≈≈≈≈≈≈≈≈≈***Especially inclement* *weather days*FRIDAY |
| **Classes close****5 minutes after start****Please arrive on time** **and ready to exercise****No Jumping or Diving into the pool****••REMEMBER••** | **Eat****Sleep****SWIM****Repeat*****NEW CLASSES AT THEAQUATIC FITNESS CENTER!****Aqua Fit w/Krystal &**Yoga w/Krystal**See Schedule for times* | ***1) Free Swim*****The Pinnacle** **Aquatic Fitness Center****is****CLOSED****Until Further Notice*****9:30-10:30AM******Aqua Fit w/Krystal******(Cycles &Treadmills)******11AM-Noon*** ***Free Swim******12:30-1:30PM*** | ***2)* *Free Swim******9:30-10:30AM******Yoga w/Krystal******(Cycles &Treadmills)******11AM-Noon******Aqua ZUMBA w/Carla******12:30-1:30PM*** |  ***3)*** ***Free Swim******9:30-10:30AM*** ***Aqua Fit w/Krystal******(Cycles &Treadmills)******11AM-Noon******Free Swim******12:30-1:30PM*** |
| ***6) Free Swim******9:30-10:30AM*** ***Aqua Fit w/Krystal******(Cycles &Treadmills)******11AM-Noon*** ***Free Swim******12:30-1:30PM*** | ***7) Free Swim******9:30-10:30AM******Yoga w/Krystal******(Cycles &Treadmills)******11AM-Noon******Aqua ZUMBA w/Carla******12:30-1:30PM*** | ***8) Free Swim******9:30-10:30AM******Aqua Fit w/Krystal******(Cycles &Treadmills)******11AM-Noon*** ***Free Swim******12:30-1:30PM*** |  **9***)* ***Free Swim*** ***9:30-10:30AM*** ***Yoga w/Krystal******(Cycles &Treadmills)******11AM-Noon******Aqua ZUMBA w/Carla******12:30-1:30PM*** |  ***10)*** ***Free Swim******9:30-10:30AM*** ***Aqua Fit w/Krystal******(Cycles &Treadmills)******11AM-Noon******Free Swim******12:30-1:30PM*** |
| ***13)* *Free Swim******9:30-10:30AM*** ***Aqua Fit w/Krystal*** ***(Cycles &Treadmills)*** ***11AM-Noon******Free Swim*** ***12:30-1:30PM*** | ***14) Free Swim******9:30-10:30AM*****The Pinnacle** **Aquatic Fitness Center****is****CLOSED****Until Further Notice*****Yoga w/Krystal*** ***(Cycles &Treadmills)******11AM-Noon*** ***Aqua ZUMBA (No AquaZUMBA)******12:30-1:30PM*** | ***15) Free Swim******9:30-10:30AM*** ***Aqua Fit w/Krystal******(Cycles &Treadmills)******11AM-Noon******Free Swim*** ***12:30-1:30PM*** | ***16)* *Free Swim******9:30-10:30AM******Yoga w/Krystal******(Cycles &Treadmills)******11AM-Noon******Aqua ZUMBA w/Carla******12:30-1:30PM*** | ***17) Free Swim******9:30-10:30AM*** ***Aqua Fit w/Krystal******(Cycles &Treadmills)******11AM-Noon******Free Swim*** ***12:30-1:30PM*** |
| ***20)*  *Free Swim******9:30-10:30AM*** ***Aqua Fit w/Krystal*** ***(Cycles &Treadmills)*** ***11AM-Noon******Free Swim*** ***12:30-1:30PM***  | ***21)*  *Free Swim******9:30-10:30AM******Yoga w/Krystal******(Cycles &Treadmills)******11AM-Noon*** ***Aqua ZUMBA w/Carla******12:30-1:30PM*** | ***22)*  *Free Swim******9:30-10:30AM*** ***Aqua Fit w/Krystal******(Cycles &Treadmills)******11AM-Noon******Free Swim*** ***12:30-1:30PM***  |  ***23)* *Free Swim*** ***9:30-10:30AM*** ***Yoga w/Krystal******(Cycles &Treadmills)*** ***11AM-Noon*** ***Aqua ZUMBA w/Carla*** ***12:30-1:30PM***  |  ***24)* *Free Swim*** ***9:30-10:30AM*** ***Aqua Fit w/Krystal******(Cycles &Treadmills)******11AM-Noon******Free Swim*** ***12:30-1:30PM***  |
| *27)* ***Free Swim******9:30-10:30AM*** ***Aqua Fit w/Krystal******(Cycles &Treadmills)******11AM-Noon******Free Swim*** ***12:30-1:30PM*** | ***28)******Free Swim******9:30-10:30AM******Yoga w/Krystal*** ***(Cycles &Treadmills)******11AM-Noon*** ***Aqua ZUMBA w/Carla******12:30-1:30PM*** | ***29)*  *Free Swim******9:30-10:30AM******Aqua Fit w/Krystal******(Cycles &Treadmills)******11AM-Noon******Free Swim******12:30-1:30PM*** |  ***30)* *Free Swim*** ***9:30-10:30AM*** ***Yoga w/Krystal******(Cycles &Treadmills)*** ***11AM-Noon*** ***Aqua ZUMBA w/Carla*** ***12:30-1:30PM***  | **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*** |