

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 &  
Fridays 11AM**



**The PINNACLE  
Aquatic  
Fitness Center  
August 2022**

H<sub>2</sub>O! Baby, it's HOT outside!  
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  
11AM - Yoga 10AM**

Free for SS members  
\$5 for non-members

**FRIDAY**

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

*Silver Sneakers  
Water Aerobics w/Iris  
11AM 10AM-Yoga*

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

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

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

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

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

*Silver Sneakers  
Water Aerobics w/Iris  
11AM 10AM-Yoga*

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

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

*Silver Sneakers  
Water Aerobics w/Iris  
11AM 10AM-Yoga*

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

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

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

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

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

*Silver Sneakers  
Water Aerobics w/Iris  
11AM 10AM-Yoga*

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

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

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

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

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

*Silver Sneakers  
Water Aerobics w/Iris  
11AM 10AM-Yoga*

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

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

*Silver Sneakers  
Water Aerobics w/Iris  
11AM 10AM-Yoga*

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

*12) 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

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

**Silver Sneakers  
Water Aerobics w/Iris  
11AM 10AM-Yoga**

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

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

**Aqua ZUMBA w/Carla  
11AM – 12PM**

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

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

**Silver Sneakers  
Water Aerobics w/Iris  
11AM 10AM-Yoga**

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

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

**Silver Sneakers  
Water Aerobics w/Iris  
11AM 10AM-Yoga**

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

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

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

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

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

**Silver Sneakers  
Water Aerobics w/Iris  
11AM 10AM-Yoga**

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

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

**Aqua ZUMBA w/Carla  
11AM – 12PM**

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

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

**Silver Sneakers  
Water Aerobics w/Iris  
11AM 10AM-Yoga**

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

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

**Silver Sneakers  
Water Aerobics w/Iris  
11AM 10AM-Yoga**

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

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

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

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

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

**Silver Sneakers  
Water Aerobics w/Iris  
11AM 10AM-Yoga**

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

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

**Aqua ZUMBA w/Carla  
11AM – 12PM**

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

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

**Silver Sneakers  
Water Aerobics w/Iris  
11AM 10AM-Yoga**

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

**Yoga Class Alert!  
Silver Sneakers  
Yoga will now  
begin at 10AM on  
Mondays,  
Wednesdays &  
Thursdays**



**Classes close  
5 minutes after start  
Please arrive on time  
and ready to exercise  
No Jumping or Diving  
into the pool**

**•• REMEMBER ••**

