

Wrist bands must be worn for class participation

PLEASE SIGN IN DAILY-THANKS!

<p><b>Reminder!</b></p> <ul style="list-style-type: none"> <li>•To participate in "Aquatic" activities you must register and sign a waiver of liability</li> <li>•You must also attend/view a pool orientation on safety and guidelines</li> </ul> <p><b>MONDAY</b></p>	<p>•••••</p> <p><b>Aqua ZUMBA w/Carla</b></p> <p><b>Tuesdays &amp; Fridays 11AM</b></p>  <p><b>TUESDAY</b></p>	<p><b>The PINNACLE Aquatic Fitness Center</b></p> <p><b>November 2022</b></p> <p><i>Happy Veteran's Day &amp; Thanksgiving Day!</i></p> <p>5525-D Hobby Rd. Houston, TX 77053</p> <p><b>M-F 9:00AM-2:00PM</b></p> <p><b>WEDNESDAY</b></p>	<p>•••••</p> <p>You must shower before entering the pool</p> <p>You must wear appropriate swimwear and water shoes</p> <p><b>NO bandages or open sores/wounds</b></p> <p><b>THURSDAY</b></p>	<p><b>Silver Sneakers Water Aerobics &amp; Yoga w/Iris</b></p> <p><b>M,W, &amp; TH 11AM</b></p> <p>▪ <b>Yoga 10AM</b> ▪</p> <p>Free for SS members \$5 for non-members</p> <p><b>FRIDAY</b></p>
<p>Classes close 5 minutes after start</p> <p>Please arrive on time and ready to exercise</p> <p>No Jumping or Diving into the pool</p> <p>•• REMEMBER ••</p> 	<p><b>1) Free Swim 9:10-10:30AM</b></p> <p><i>Aqua ZUMBA w/Carla 11AM – 12PM</i></p> <p><i>Free Swim (Cycles &amp;Treadmills) 12:15pm – 1:45pm</i></p>	<p><b>2) Free Swim 9:10AM-10:30AM</b></p> <p><b>Silver Sneakers 10AM-Yoga</b></p> <p><b>Water Aerobics w/Iris 11AM</b></p> <p><i>Free Swim (Cycles &amp;Treadmills) 12:15pm – 1:45pm</i></p>	<p><b>3) Free Swim 9:10AM-10:30AM</b></p> <p><b>Silver Sneakers 10AM-Yoga</b></p> <p><b>Water Aerobics w/Iris 11AM</b></p> <p><i>Free Swim (Cycles &amp;Treadmills) 12:15pm – 1:45pm</i></p>	<p><b>4) Free Swim 9:10-10:30AM</b></p> <p><i>Aqua ZUMBA w/Carla 11AM-12PM</i></p> <p><i>Free Swim (Cycles &amp;Treadmills) 12:15pm – 1:45pm</i></p>
<p><b>7) Free Swim 9:10-10:30AM</b></p>	<p><b>8) Free Swim 9:10-10:30AM</b></p>	<p><b>9) Free Swim 9:10AM-10:30AM</b></p>	<p><b>10) Free Swim 9:10AM-10:30AM</b></p>	<p><b>11) Fort Bend County Holiday</b></p>
<p><b>Silver Sneakers 10AM-Yoga</b></p> <p><b>Water Aerobics w/Iris 11AM</b></p>	<p><b>ELECTION DAY! Vote 7am-7pm AT THE PINNACLE SENIOR CENTER!</b></p> <p><i>Aqua ZUMBA w/Carla 11AM – 12PM</i></p>	<p><b>Silver Sneakers 10AM-Yoga</b></p> <p><b>Water Aerobics w/Iris 11AM</b></p>	<p><b>Silver Sneakers 10AM-Yoga</b></p> <p><b>Water Aerobics w/Iris 11AM</b></p>	<p><b>The Pinnacle Aquatic Fitness Center will be CLOSED in observance of the Veteran's Day holiday</b></p>
<p><i>Free Swim (Cycles &amp;Treadmills) 12:15pm – 1:45pm</i></p>	<p><i>Free Swim (Cycles &amp;Treadmills) 12:15pm – 1:45pm</i></p>	<p><i>Free Swim (Cycles &amp;Treadmills) 12:15pm – 1:45pm</i></p>	<p><i>Free Swim (Cycles &amp;Treadmills) 12:15pm – 1:45pm</i></p>	

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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

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

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

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

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

**Aqua ZUMBA w/Carla**  
11AM – 12PM

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

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

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

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

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

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

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

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

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

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

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

**24) Fort Bend  
County Holiday**  
The Pinnacle  
Aquatic Fitness Center  
will be CLOSED in  
observance of the  
Thanksgiving Day  
holiday

**25) Fort Bend  
County Holiday**  
The Pinnacle  
Aquatic Fitness Center  
will be CLOSED in  
observance of the  
Thanksgiving Day  
holiday

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

**Aqua ZUMBA w/Carla**  
11AM – 12PM

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



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

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

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

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

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

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

**The Pinnacle  
Aquatic Fitness  
Center will be  
CLOSED on  
November 11<sup>th</sup> for  
Veteran's Day & on  
November 24<sup>th</sup> &  
25<sup>th</sup> for the  
Thanksgiving Day  
holiday**

**Yoga Class Alert!**  
**Silver Sneakers**  
**Yoga begins at**  
**10AM**  
**Mondays, Wednesdays**  
**& Thursdays**

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

**Aqua ZUMBA w/Carla**  
11AM – 12PM

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



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

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

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

