Wrist bands must be worn for class participation **PLEASE SIGN IN DAILY-THANKS** . **Silver Sneakers** The PINNACLE **Reminder!** Aqua ZUMBA You must shower •To participate in **Aquatic Water Aerobics &** before entering the pool "Aquatic" activities you w/Carla **Fitness Center** Yoga w/Iris You must wear must register and sign November 2022 **Tuesdays &** M,W, & TH 11AM a waiver of liability appropriate swimwear Happy Veteran's Day & Fridays 11AM You must also attend/view Yoga 10AM and water shoes Thanksgiving Day! a pool orientation on NO bandages or open Free for SS members 5525-D Hobby Rd. Houston, TX 77053 aqua safety and guidelines ZUMBA \$5 for non-members M-F 9:00AM-2:00PM sores/wounds **FRIDAY MONDAY** WEDNESDAY **THURSDAY TUESDAY** 1) Free Swim 3) Free Swim 4) Free Swim Classes close 2) Free Swim 5 minutes after start 9:10AM-10:30AM 9:10AM-10:30AM 9:10-10:30AM 9:10-10:30AM Please arrive on time Silver Sneakers and ready to exercise Silver Sneakers 10AM-Yoga No Jumping or Diving Aqua ZUMBA w/Carla Aqua ZUMBA w/Carla 10AM-Yoga into the pool Water Aerobics w/Iris 11AM - 12PM 11AM-12PM Water Aerobics w/Iris 11AM • REMEMBER • • 11AM Free Swim Free Swim Free Swim Free Swim SAFETY (Cycles & Treadmills) (Cycles &Treadmills) (Cycles & Treadmills) (Cycles & Treadmills) FIRST 12:15pm - 1:45pm 12:15pm — 1:45pm 12:15pm - 1:45pm 12:15pm — 1:45pm 7) Free Swim 8) Free Swim 9) Free Swim 10) Free Swim 11) Fort Bend County 9:10-10:30AM 9:10-10:30AM 9:10AM-10:30AM 9:10AM-10:30AM Holiday The Pinnacle Silver Sneakers Silver Sneakers **ELECTION DAY! Vote 7am-7pm Silver Sneakers Aquatic Fitness Center** AT THE PINNACLE SENIOR CENTER! 10AM-Yoga 10AM-Yoqa 10AM-Yoga will be CLOSED in Water Aerobics w/Iris Water Aerobics w/Iris Water Aerobics w/Iris Aqua ZUMBA w/Carla observance of the 11AM 11AM 11AM 11AM - 12PM**Veteran's Day holiday** Free Swim Free Swim Free Swim Free Swim eterans Day (Cycles & Treadmills) (Cycles & Treadmills) (Cycles &Treadmills) (Cycles & Treadmills)

12:15pm — 1:45pm

November 1.1

12:15pm - 1:45pm

12:15pm — 1:45pm

12:15pm — 1:45pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14) Free Swim	15) Free Swim	16) Free Swim	17) Free Swim	18) Free Swim
9:10-10:30AM	9:10-10:30AM	9:10AM-10:30AM	9:10AM-10:30AM	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	Free Swim	Free Swim	Free Swim	Free Swim
(Cycles &Treadmills)	(Cycles &Treadmills)	(Cycles &Treadmills)	(Cycles &Treadmills)	(Cycles &Treadmills)
12:15pm — 1:45pm	12:15pm — 1:45pm	12:15pm — 1:45pm	12:15pm — 1:45pm	12:15pm — 1:45pm
21) Free Swim	22) Free Swim	23) Free Swim	<i>24)</i> Fort Bend	<i>25)</i> Fort Bend
9:10-10:30AM	9:10-10:30AM	9:10AM-10:30AM	County Holiday	County 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	The Pinnacle Aquatic Fitness Center will be CLOSED in observance of the	The Pinnacle Aquatic Fitness Center will be CLOSED in observance of the
Free Swim (Cycles &Treadmills) 12:15pm — 1:45pm	Free Swim (Cycles &Treadmills) 12:15pm — 1:45pm	Free Swim (Cycles &Treadmills) 12:15pm — 1:45pm	Thanksgiving Day holiday ThanksgiviN9	Thanksgiving Day holiday
28) Free Swim	29) Free Swim 9:10-10:30AM	30) Free Swim	The Pinnacle	Yoga Class Alert!
9:10-10:30AM		9:10AM-10:30AM	Aquatic Fitness	Silver Sneakers
Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM	Aqua ZUMBA w/Carla 11AM — 12PM	Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM	Center will be CLOSED on November 11 th for Veteran's Day & on November 24 th &	Yoga begins at 10AM Mondays, Wednesdays & Thursdays
Free Swim	Free Swim	Free Swim	25 th for the	
(Cycles &Treadmills)	(Cycles &Treadmills)	(Cycles &Treadmills)	Thanksgiving Day	
12:15pm — 1:45pm	12:15pm — 1:45pm	12:15pm — 1:45pm	holiday	