

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  
January 2023**

*Happy New Year!*

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**

**2) (CLOSED)**

Fort Bend  
County Holiday  
The Pinnacle  
Aquatic Fitness Center will be  
CLOSED in observance of the  
New Year's Day Holiday



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

**Aqua ZUMBA w/Carla  
11AM – 12PM**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Aqua ZUMBA w/Carla  
11AM – 12PM**

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

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

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

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

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

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

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

**13) 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

**16) (CLOSED)**  
 Fort Bend  
 County Holiday  
 The Pinnacle  
 Aquatic Fitness Center will be  
 CLOSED in observance of the  
 Birthday of Reverend Dr.  
 Martin Luther King, Jr. Holiday



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**REMINDER!!!**  
 The Pinnacle Senior &  
 Aquatic Fitness Centers  
 will be  
**CLOSED**  
 on January 2<sup>nd</sup> & 16<sup>th</sup> in  
 observance of the  
 New Year's Day holiday  
 and the birthday of  
 Rev. Dr. Martin Luther  
 King, Jr.

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



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

