


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
Canceled until
March 14th**

TUESDAY

**The PINNACLE
Aquatic
Fitness Center
February 2023
Celebrate LOVE!**
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
Canceled until
March 14th**
Free for SS members
\$5 for non-members
FRIDAY

*The Aquatic Fitness
Center is OPEN for
Free Swim only until
March 14th 2023*

*Thank you for your
patience and
understanding as the
pool heater is
installed and we get
through wintry days!*

Don't forget the Valentine's
Day Soiree!
♥ ♥ ♥ ♥ ♥
Friday February 10th
7-11 PM
DINNER | MUSIC | SWEETS


*1) Free Swim
9:10AM-10:30AM*
**Silver Sneakers
10AM-Yoga
Water Aerobics w/Iris
11AM**

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

*2) Free Swim
9:10AM-10:30AM*
**Silver Sneakers
10AM-Yoga
Water Aerobics w/Iris
11AM**

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

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

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

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

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

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

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

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

*Aqua ZUMBA w/Carla
11AM – 12PM*

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

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

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

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

*9) Free Swim
9:10AM-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*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>13) Free Swim 9:10-10:30AM</p>	<p>14) Free Swim 9:10-10:30AM</p>	<p>15) Free Swim 9:10AM-10:30AM</p>	<p>16) Free Swim 9:10AM-10:30AM</p>	<p>17) Free Swim 9:10-10:30AM</p>
<p>Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM</p>	<p>Aqua ZUMBA w/Carla 11AM – 12PM</p>	<p>Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM</p>	<p>Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM</p>	<p>Aqua ZUMBA w/Carla 11AM-12PM</p>
<p>Free Swim (Cycles &Treadmills) 12:15pm – 1:45pm</p>	<p>Free Swim (Cycles &Treadmills) 12:15pm – 1:45pm</p>	<p>Free Swim (Cycles &Treadmills) 12:15pm – 1:45pm</p>	<p>Free Swim (Cycles &Treadmills) 12:15pm – 1:45pm</p>	<p>Free Swim (Cycles &Treadmills) 12:15pm – 1:45pm</p>
<p>20) Free Swim 9:10-10:30AM</p>	<p>21) Free Swim 9:10-10:30AM</p>	<p>22) Free Swim 9:10AM-10:30AM</p>	<p>23) Free Swim 9:10AM-10:30AM</p>	<p>24) Free Swim 9:10-10:30AM</p>
<p>Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM</p>	<p>Aqua ZUMBA w/Carla 11AM – 12PM</p>	<p>Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM</p>	<p>Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM</p>	<p>Aqua ZUMBA w/Carla 11AM-12PM</p>
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<p>27) Free Swim 9:10-10:30AM</p>	<p>28) Free Swim 9:10-10:30AM</p>	<p>CPR Demo Day Watch & Learn</p>  <p>Homeland Preparedness will conduct a Demo Day February 23rd at 10 You will watch team members perform First Aid/CPR and have the opportunity to practice techniques. This is NOT for certification!</p>	<p>Classes close 5 minutes after start Please arrive on time and ready to exercise No Jumping or Diving into the pool</p> 	<p>HHS Free Heart Health Class February 6th & 13th 9-11AM</p> <p>Followed by blood pressure & AIC Screening +Flu & Covid shots</p> 
<p>Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM</p>	<p>Aqua ZUMBA w/Carla 11AM – 12PM</p>			
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