


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 Resumes March 21st

TUESDAY

The PINNACLE Aquatic Fitness Center
March 2023
Hello Spring!
 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 Resumes March 20th
 Free for SS members
 \$5 for non-members
FRIDAY

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


Silver Sneakers Classes w/Iris will resume on Monday March 20th at 10AM w/Yoga Splash at 11AM

Zumba w/Carla will resume on Tuesday, March 21st at 11AM

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

Red highlighted areas - class is not in session | Green highlighted areas - classes resume

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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

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

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

17) 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

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

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

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

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

24) 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

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

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

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

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

31) 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