


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**  
  
**TUESDAY**

**The PINNACLE Aquatic Fitness Center**  
**April 2023**  
*Happy Easter!*  
 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**  
**Mondays, Wednesdays & Thursdays 10 & 11AM**  
 Free for SS members  
 \$5 for non-members  
**FRIDAY**

**Classes close 5minutes 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 April 3<sup>rd</sup> at 10AM w/Yoga Splash at 11AM**  
 .....  
**Aqua Zumba w/Carla will resume on Tuesday, April 4<sup>th</sup> at 11AM**



**Pinnacle Aquatic Fitness Center PSA**  
 The Pool Heater is In!  
  
 Let the aqua exercise begin!


*Please see Tyler for individual water workouts designed for free swim*  
 .....  
 The pool is for “Therapeutic” use and therefore no music will be allowed. Please use waterproof earphones if you desire music while utilizing the pool.  
 Thank You!

**3) Free Swim 9:10-10:30AM**  
**Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM**  
**Free Swim (Cycles &Treadmills) 12:15pm – 1:45pm**

**4) Free Swim 9:10-10:30AM**  
**Aqua ZUMBA w/Carla 11AM – 12PM**  
**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 9:10AM-10:30AM**  
**Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM**  
**Free Swim (Cycles &Treadmills) 12:15pm – 1:45pm**

**7) Fort Bend County Holiday**  
  
**The Pinnacle Aquatic Fitness Center will be closed in Observance of the Good Friday Holiday**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>10) Free Swim 9:10-10:30AM</b>	<b>11) Free Swim 9:10-10:30AM</b>  <b>Aqua ZUMBA w/Carla 11AM – 12PM</b>  <b>Free Swim (Cycles &amp;Treadmills) 12:15pm – 1:45pm</b>	<b>12) Free Swim 9:10AM-10:30AM</b>	<b>13) Free Swim 9:10AM-10:30AM</b>	<b>14) Free Swim 9:10-10:30AM</b>  <b>Aqua ZUMBA w/Carla 11AM-12PM</b>  <b>Free Swim (Cycles &amp;Treadmills) 12:15pm – 1:45pm</b>
<b>Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM</b>		<b>Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM</b>	<b>Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM</b>	
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<b>17) Free Swim 9:10-10:30AM</b>	<b>18) Free Swim 9:10-10:30AM</b>  <b>Aqua ZUMBA w/Carla 11AM – 12PM</b>  <b>Free Swim (Cycles &amp;Treadmills) 12:15pm – 1:45pm</b>	<b>19) Free Swim 9:10AM-10:30AM</b>	<b>20) Free Swim 9:10AM-10:30AM</b>	<b>21) Free Swim 9:10-10:30AM</b>  <b>Aqua ZUMBA w/Carla 11AM-12PM</b>  <b>Free Swim (Cycles &amp;Treadmills) 12:15pm – 1:45pm</b>
<b>Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM</b>		<b>Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM</b>	<b>Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM</b>	
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<b>24) Free Swim 9:10-10:30AM</b>	<b>25) Free Swim 9:10-10:30AM</b>  <b>Aqua ZUMBA w/Carla 11AM – 12PM</b>  <b>Free Swim (Cycles &amp;Treadmills) 12:15pm – 1:45pm</b>	<b>26) Free Swim 9:10AM-10:30AM</b>	<b>27) Free Swim 9:10AM-10:30AM</b>	<b>28) Free Swim 9:10-10:30AM</b>  <b>Aqua ZUMBA w/Carla 11AM-12PM</b>  <b>Free Swim (Cycles &amp;Treadmills) 12:15pm – 1:45pm</b>
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