

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

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

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

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

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

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

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

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**Aqua ZUMBA**  
w/Carla  
**Tuesdays & Fridays 11AM**



## TUESDAY

**2) 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

*Aqua ZUMBA w/Carla*  
**Canceled this week**

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

**The PINNACLE**  
**Aquatic**  
**Fitness Center**  
**May 2023**

*Happy Memorial Day*

5525-D Hobby Rd. Houston, TX 77053  
M-F 9:00AM-2:00PM

## WEDNESDAY

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

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

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

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You must shower before entering the pool  
You must wear appropriate swimwear and water shoes  
NO bandages or open sores/wounds

## THURSDAY

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

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

*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

**Silver Sneakers**  
**Water Aerobics & Yoga w/Iris**  
**Mondays, Wednesdays & Thursdays 10 & 11AM**

Free for SS members  
\$5 for non-members

## FRIDAY

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

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

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

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

*Aqua ZUMBA w/Carla*  
**Canceled this week**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>15) Free Swim</b> 9:10-10:30AM	<b>16) Free Swim</b> 9:10-10:30AM  <i>Aqua ZUMBA w/Carla</i> 11AM – 12PM  <i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45pm	<b>17) Free Swim</b> 9:10AM-10:30AM	<b>18) Free Swim</b> 9:10AM-10:30AM	<b>19) Free Swim</b> 9:10-10:30AM
Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM		Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM	Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM	<i>Aqua ZUMBA w/Carla</i> 11AM-12PM
<i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45pm		<i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45pm	<i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45pm	<i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45pm
<b>22) Free Swim</b> 9:10-10:30AM	<b>23) Free Swim</b> 9:10-10:30AM  <i>Aqua ZUMBA w/Carla</i> 11AM – 12PM  <i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45pm	<b>24) Free Swim</b> 9:10AM-10:30AM	<b>25) Free Swim</b> 9:10AM-10:30AM	<b>26) Free Swim</b> 9:10-10:30AM
Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM		Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM	Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM	<i>Aqua ZUMBA w/Carla</i> 11AM-12PM
<i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45pm		<i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45pm	<i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45pm	<i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45pm
<b>29) Fort Bend County Holiday</b> <i>The Pinnacle Aquatic Fitness Center will be CLOSED in observance of the Memorial Day holiday</i>  	<b>30) Free Swim</b> 9:10-10:30AM	<b>31) Free Swim</b> 9:10AM-10:30AM	Classes close 5minutes after start  Please arrive on time and ready to exercise No Jumping or Diving into the pool  	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!
	<i>Aqua ZUMBA w/Carla</i> 11AM – 12PM	Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM		
	<i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45pm	<i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45pm		