

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**
aqua
ZUMBA®
TUESDAY

**The PINNACLE
Aquatic
Fitness Center
June 2023**
Happy Juneteenth
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


Reminder!
*The Houston Food
Bank Senior Box
distribution is on
Friday, June 9th
12:30 – 2:30PM*

*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!*

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

**2) Free Swim
9:10-10:30AM**
**Aqua ZUMBA w/Carla
11AM-12PM**
**Free Swim
(Cycles &Treadmills)
12:15pm – 1:45pm**

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

**6) Free Swim
9:10-10:30AM**
**Aqua ZUMBA w/Carla
11AM-12PM**

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

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

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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

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

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

16) 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

**19) Fort Bend County
Holiday**

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

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

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

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

The Pinnacle Aquatic
Fitness Center will be
CLOSED in observance of
the Juneteenth Holiday

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

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

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

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

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

30) 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