

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

July 2023

Happy 4th of July!

5525-D Hobby Rd. Houston, TX 77053
M-F 7:45AM-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



*New Summer Trial Hours designed for Lap Swimmers
7:45 – 9:05 AM*



We are opening the pool earlier so "lap swimmers" can get some time in before Free Swim time.

**Reminders!!!
July 6, 20, 27**

Eating Smart, Being Active
**July 14th & 21st -BINGO
July 14th 9-11AM**

Tie Dye T-Shirt Workshop
July 28th 10AM – 2PM
Senior Trade Show Health Fair
Classes Canceled Today at the Senior Center

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**

4) Fort Bend County Holiday

The Pinnacle Aquatic Fitness Center will be CLOSED in observance of the Independence Day holiday



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

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

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

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