

**No Lifeguards on Duty
Swim at Own Risk!**

Reminder!

Please sign in daily

- 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

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!*

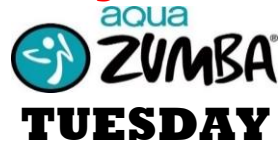
**7) Free Swim
9:10-10:30AM**

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

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

**Aqua ZUMBA
w/Carla**

**Tuesdays &
Fridays 11AM**



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

**Aqua ZUMBA w/Carla
11AM – 12PM**

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

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

**Aqua ZUMBA w/Carla
11AM – 12PM**

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

**The PINNACLE
Aquatic
Fitness Center
August 2023**

Celebrate Senior Citizens!

5525-D Hobby Rd. Houston, TX 77053
M-F 7:45AM-2:00PM

WEDNESDAY

**2) 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**

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

**3) 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
9:10AM-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

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

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

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

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

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

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

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28) Free Swim 9:10-10:30AM	29) Free Swim 9:10-10:30AM Aqua ZUMBA w/Carla 11AM – 12PM Free Swim (Cycles &Treadmills) 12:15pm – 1:45pm	30) Free Swim 9:10AM-10:30AM	31) Free Swim 9:10AM-10:30AM	New Summer Trial Hours designed for Lap Swimmers 7:45 – 9:05 AM  We are opening the pool earlier so “lap swimmers” can get pool time, too!
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