

**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!*

**4) Fort Bend County Holiday**

**The Pinnacle Aquatic Fitness Center will be CLOSED in observance of the Labor Day Holiday**

**Aqua ZUMBA w/Carla**

**Tuesdays & Fridays 11AM**



**TUESDAY**

**Lap Swimmers**

**7:45 – 9:05 AM**



We are opening the pool earlier so "lap swimmers" can get pool time, too!

**5) 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**

**September 2023**

*National Senior Centers Month*

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

**WEDNESDAY**

**NEW CLASSES!**

**Aqua Aerobics w/Tyler M, W & Th 11AM**

**Aqua Zumba w/Shanna Wednesdays at 1PM (Donation Class)**

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

**Aqua Aerobics w/Tyler 11AM**

**Aqua Zumba w/Shanna 1-2PM**

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

**THURSDAY**

September is National Senior Centers Month

See the Senior Center calendar for events throughout the month  
Don't miss the Kick-off event on 9-1 w/Anointed4Love 12-3PM

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

**Aqua Aerobics w/Tyler 11AM**

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

**Aqua Aerobics w/Tyler**

**Mondays, Wednesdays & Thursdays 11AM**

**Free for All Members! FRIDAY**

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

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

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

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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>11) Free Swim</b> <b>9:10-10:30AM</b>	<b>12) Free Swim</b> <b>9:10-10:30AM</b>	<b>13) Free Swim</b> <b>9:10AM-10:30AM</b>	<b>14) Free Swim</b> <b>9:10AM-10:30AM</b>	<b>15) Free Swim</b> <b>9:10-10:30AM</b>	
<b>Aqua Aerobics</b> <b>w/Tyler</b> <b>11AM</b>		<b>Aqua Aerobics</b> <b>w/Tyler</b> <b>11AM</b>	<b>Aqua Aerobics</b> <b>w/Tyler</b> <b>11AM</b>		<b>Aqua ZUMBA w/Carla</b> <b>11AM-12PM</b>
<b>Free Swim</b> <b>(Cycles &amp; Treadmills)</b> <b>12:15pm – 1:45pm</b>		<b>Aqua Zumba</b> <b>w/Shanna</b> <b>1-2PM</b>	<b>Free Swim</b> <b>(Cycles &amp; Treadmills)</b> <b>12:15pm – 1:45pm</b>		<b>Free Swim</b> <b>(Cycles &amp; Treadmills)</b> <b>12:15pm – 1:45pm</b>
<b>18) Free Swim</b> <b>9:10-10:30AM</b>	<b>19) Free Swim</b> <b>9:10-10:45AM</b>	<b>20) Free Swim</b> <b>9:10AM-10:45AM</b>	<b>21) Free Swim</b> <b>9:10AM-10:45AM</b>	<b>22) Free Swim</b> <b>9:10-10:30AM</b>	
<b>Aqua Aerobics</b> <b>w/Tyler</b> <b>11AM</b>		<b>Aqua Aerobics</b> <b>w/Tyler</b> <b>11AM</b>	<b>Aqua Aerobics</b> <b>w/Tyler</b> <b>11AM</b>		<b>Aqua ZUMBA w/Carla</b> <b>11AM-12PM</b>
<b>Free Swim</b> <b>(Cycles &amp; Treadmills)</b> <b>12:15pm – 1:45pm</b>		<b>Aqua Zumba</b> <b>w/Shanna</b> <b>1-2PM</b>	<b>Free Swim</b> <b>(Cycles &amp; Treadmills)</b> <b>12:15pm – 1:45pm</b>		<b>Free Swim</b> <b>(Cycles &amp; Treadmills)</b> <b>12:15pm – 1:45pm</b>
<b>25) Free Swim</b> <b>9:10-10:30AM</b>	<b>26) Free Swim</b> <b>9:10-10:30AM</b>	<b>27) Free Swim</b> <b>9:10AM-10:30AM</b>	<b>28) Free Swim</b> <b>9:10AM-10:30AM</b>	<b>29) Fort Bend County</b> <b>Holiday</b>	
<b>Aqua Aerobics</b> <b>w/Tyler</b> <b>11AM</b>		<b>Aqua Aerobics</b> <b>w/Tyler</b> <b>11AM</b>	<b>Aqua Aerobics</b> <b>w/Tyler</b> <b>11AM</b>		<b>The Pinnacle Aquatic</b> <b>Fitness Center will be</b> <b>CLOSED in observance</b> <b>of the County Fair Day</b> <b>Holiday</b>
<b>Free Swim</b> <b>(Cycles &amp; Treadmills)</b> <b>12:15pm – 1:45pm</b>		<b>Aqua Zumba</b> <b>w/Shanna</b> <b>1-2PM</b>	<b>Free Swim</b> <b>(Cycles &amp; Treadmills)</b> <b>12:15pm – 1:45pm</b>		