

**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

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

**Aqua Aerobics
w/Tyler
11AM**

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

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

**Aqua Aerobics
w/Tyler
11AM**

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

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



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

**Aqua ZUMBA w/Shanna
11AM – 12PM**

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

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

**Aqua ZUMBA w/Shanna
11AM – 12PM**

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

**The PINNACLE
Aquatic
Fitness Center
October 2023**

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

WEDNESDAY

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

**Aqua Aerobics
w/Tyler
11AM**

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

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

**Aqua Aerobics
w/Tyler
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

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

**Aqua Aerobics
w/Tyler
11AM**

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

**12) 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**

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

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



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

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

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

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

THIS SCHEDULE IS SUBJECT TO CHANGE AS WE CONTINUE TO ADJUST THE AQUATIC CENTER PROGRAMMING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16) Free Swim 9:10-10:30AM	17) Free Swim 9:10-10:30AM	18) Free Swim 9:10AM-10:30AM	19) Free Swim 9:10AM-10:30AM	20) Free Swim 9:10-10:30AM
Aqua Aerobics w/Tyler 11AM	Aqua ZUMBA w/Shanna 11AM – 12PM	Aqua Aerobics w/Tyler 11AM	Aqua Aerobics w/Tyler 11AM	Aqua ZUMBA w/Shanna 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
23) Free Swim 9:10-10:30AM	24) Free Swim 9:10-10:45AM	25) Free Swim 9:10AM-10:45AM	26) Free Swim 9:10AM-10:45AM	27) Free Swim 9:10-10:30AM
Aqua Aerobics w/Tyler 11AM	Aqua ZUMBA w/Shanna 11AM – 12PM	Aqua Aerobics w/Tyler 11AM	Aqua Aerobics w/Tyler 11AM	Aqua ZUMBA w/Shanna 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
30) Free Swim 9:10-10:30AM	31) Free Swim 9:10-10:30AM	Lap Swimmers 7:45 – 9:05 AM	Please see Tyler for individual water workouts designed for free swim	October is National Breast Cancer Awareness Month Every Friday wear “PINK” or “BLUE” Pink is for Women and Blue is for Men b/c Men get it too! Doing our part in bringing awareness!
Aqua Aerobics w/Tyler 11AM	Aqua ZUMBA w/Shanna 11AM – 12PM			
Free Swim (Cycles &Treadmills) 12:15pm – 1:45pm	Free Swim (Cycles &Treadmills) 12:15pm – 1:45pm	Notice! Swim lessons are in session during free swim 9:10-10:45am in designated area		

THIS SCHEDULE IS SUBJECT TO CHANGE AS WE CONTINUE TO ADJUST THE AQUATIC CENTER PROGRAMMING