


**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**

**Silver Sneakers Yoga  
w/Shanna 10AM  
Tuesdays & Fridays  
FREE! Aqua ZUMBA  
w/Shanna 11AM  
Tuesdays & Fridays**  
  
**TUESDAY**

**The PINNACLE  
Aquatic  
Fitness Center  
November 2023  
Thankful We Are!**  
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/water shoes  
•NO bandages or open  
sores/wounds  
**THURSDAY**

**Aqua Aerobics  
w/Tyler  
Mondays, Wednesdays  
& Thursdays  
11AM  
Free for All Members!  
FRIDAY**

**Lap Swimmers  
7:45 – 9:05 AM**  
  
**Notice!**  
Swim lessons are in  
session during free swim  
9:10-10:45am  
in designated area

Please see Tyler for  
individual water  
workouts designed  
for free swim  
.....  
We encourage you to  
dress for swimming  
w/the weather change  
in warmer attire!  
Long sleeve tops and  
calf or ankle pants  
*Brrrr, it's COLD!*

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

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


**3) Free Swim  
9:10-10:30AM**  
**Silver Sneakers Yoga  
w/Shanna 10AM  
Aqua ZUMBA w/Shanna  
11AM-12PM**  
**Free Swim  
(Cycles & Treadmills)  
12:15pm – 1:45**

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

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

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

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

**10) Fort Bend County  
Holiday  
The Pinnacle Aquatic  
Fitness Center will be  
CLOSED in observance  
of the Veterans Day  
holiday**  


**Aqua Aerobics  
w/Tyler  
11AM**

**Silver Sneakers Yoga  
w/Shanna 10AM  
Aqua ZUMBA w/Shanna  
11AM-12PM**

**Aqua Aerobics  
w/Tyler  
11AM**

**Aqua Aerobics  
w/Tyler  
11AM**

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

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12:15pm – 1:45**

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

**Aqua Aerobics**  
w/Tyler  
11AM

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

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

**Aqua Aerobics**  
w/Tyler  
11AM

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

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

**Aqua Aerobics**  
w/Tyler  
11AM

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

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

**Silver Sneakers Yoga**  
w/Shanna 10AM  
**Aqua ZUMBA** w/Shanna  
11AM-12PM

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

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

**Silver Sneakers Yoga**  
w/Shanna 10AM  
**Aqua ZUMBA** w/Shanna  
11AM-12PM

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

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

**Silver Sneakers Yoga**  
w/Shanna 10AM  
**Aqua ZUMBA** w/Shanna  
11AM-12PM

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

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

**Aqua Aerobics**  
w/Tyler  
11AM

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

**22) Free Swim**  
9:10AM-10:45AM

**Aqua Aerobics**  
w/Tyler  
11AM

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

**29) Free Swim**  
9:10AM-10:45AM

**Aqua Aerobics**  
w/Tyler  
11AM

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

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

**Aqua Aerobics**  
w/Tyler  
11AM

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

**23) Fort Bend County**  
**Holiday**

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



**30) Free Swim**  
9:10AM-10:45AM

**Aqua Aerobics**  
w/Tyler  
11AM

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

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

**Silver Sneakers Yoga**  
w/Shanna 10AM  
**Aqua ZUMBA** w/Shanna  
11AM-12PM

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

**24) Fort Bend County**  
**Holiday**

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



**Yoga w/Shanna**  
**Tuesday & Friday**  
**10AM**

