

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
 •••••
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!

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

Aqua Aerobics
w/Tyler
11AM

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

Aqua ZUMBA
w/Video until a new instructor is hired
11AM
Tuesdays & Fridays



Yoga w/Shanna has moved to Tuesdays & Thursdays At 1PM
 In the Auditorium at the Senior Center



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

Aqua ZUMBA
w/Video
11AM-12PM

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

The PINNACLE
Aquatic
Fitness Center
December 2023
Happy Holidays!
 5525-D Hobby Rd. Houston, TX 77053
M-F 7:45AM-2:00PM
WEDNESDAY

Lap Swimmers
7:45 – 9:05 AM




Notice!
Swim lessons are in session during free swim 9:10-10:45am in designated area

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

Aqua Aerobics
w/Tyler
11AM

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

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

Christmas Concert
12-5-23 • 10AM

 presented by the Christa McAuliffe MS & Willowridge HS Orchestras
 • **Reminders** •
December 8th
12:30-2:30pm
Houston Food Bank

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/Video
11AM-12PM
Free Swim
(Cycles &Treadmills)
12:15pm – 1:45

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

Aqua ZUMBA
w/Video
11AM-12PM

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

Aqua Aerobics
w/Tyler
11AM

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

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

Aqua Aerobics
w/Tyler
11AM

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

25) Fort Bend County
Holiday
The Pinnacle Aquatic
Fitness Center will be
CLOSED in observance of
the Christmas Day holiday



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

Aqua ZUMBA
w/Video
11AM-12PM

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

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

Aqua ZUMBA
w/Video
11AM-12PM

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

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

Aqua ZUMBA
w/Video
11AM-12PM

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

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

Aqua Aerobics
w/Tyler
11AM

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

20) Free Swim
9:10AM-10:45AM

Aqua Aerobics
w/Tyler
11AM

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

27) Free Swim
9:10AM-10:45AM

Aqua Aerobics
w/Tyler
11AM

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

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

Aqua Aerobics
w/Tyler
11AM

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

21) 28) Free Swim
9:10AM-10:45AM

Aqua Aerobics
w/Tyler
11AM

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

28) Free Swim
9:10AM-10:45AM

Aqua Aerobics
w/Tyler
11AM

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

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

Aqua ZUMBA
w/Video
11AM-12PM

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

22) Fort Bend County
Holiday
The Pinnacle Aquatic
Fitness Center will be
CLOSED in observance of
the Christmas Eve
Holiday



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

Aqua ZUMBA
w/Video
11AM-12PM

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