


**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

**Aqua ZUMBA
w/Video**
We will welcome Sandi Patterson when
her paper work is complete! Yay!
11AM
Tuesdays & Fridays

TUESDAY


**The PINNACLE
Aquatic
Fitness Center**
February 2024
Be kind to your heart
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
Brrr, it's COLD!

Heart Healthy Month
FHS CPR Demonstration
February 14th 12-1pm

You Must Sign Up!
BINGOcize
Bingo+Exercise=Bingocize
New 10 Week Class
Tuesday & Thursday
At 10am

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

Aqua Aerobics
w/Tyler
11AM

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

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

Aqua ZUMBA
w/Video
11AM-12PM

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

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

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

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

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

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

Aqua Aerobics
w/Tyler
11AM

Aqua ZUMBA
w/Video
11AM-12PM

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

Aqua Aerobics
w/Tyler
11AM

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

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

Aqua Aerobics
w/Tyler
11AM

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

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

Aqua Aerobics
w/Tyler
11AM

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

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

Aqua ZUMBA
w/Video
11AM-12PM

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

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

Aqua ZUMBA
w/Video
11AM-12PM

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

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

Aqua ZUMBA
w/Video
11AM-12PM

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

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

Aqua Aerobics
w/Tyler
11AM

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

21) 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
9:10AM-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
9:10-10:30AM

Aqua ZUMBA
w/Video
11AM-12PM

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

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

Aqua ZUMBA
w/Video
11AM-12PM

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

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