

DECEMBER 2024

MON	TUE	WED	THU	FRI
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

THE PINNACLE SENIOR CENTER PARKS & RECREATION



5525-C Hobby Road • Houston, Texas 77053
Mon-Fri: 7:30am - 4:30pm • 832-471-2765

Fitness Calendar Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
8am-Gym	Wake Up & Walk Video	Wake Up & Walk Video	Wake Up & Walk /Video	Wake Up & Walk /Video	Wake Up & Walk /Video
9am	Fitness /Shanna	Strength Training /Shanna	Fitness /Shanna	Strength Training /Shanna	Fitness /Shanna
10am	Line Dance w/Sheila	Mixed-Fit /AnJonee	Line Dance w/Faye		Pilates /Shanna
11am	Chair Fit /Coach Mac	Chair Fit /Coach Mac	The Pinnacle Senior Center Closed from 11am-4:30 PM	Chair Fit /Coach Mac	Chair Fit /Coach Mac
12pm	Fellas, Let's Get Fit /Coach Mac			Fellas, Let's Get Fit /Coach Mac	
	3pm-Line Dance w/Sheila	12:30pm Yoga /Shanna		12:30pm Yoga /Shanna	
	MON-9	TUE-10	WED-11	THU-12	FRI-13
8am Yoga Room			Step-Class /Shanna		
8am-Gym	Wake Up & Walk Video	Wake Up & Walk Video	Wake Up & Walk /Video	Wake Up & Walk /Video	Wake Up & Walk /Video
9am	Fitness /Shanna	Strength Training /Shanna	Fitness /Shanna	Strength Training /Shanna	Fitness /Shanna
10am	Line Dance w/Sheila	Mixed-Fit /AnJonee	Line Dance w/Faye		Pilates /Shanna
11am	Chair Fit /Coach Mac	Chair Fit /Coach Mac	Chair Fit /Coach Mac	Chair Fit /Coach Mac	The Pinnacle Senior Center Closed from 11am-4:30 PM
12pm	Fellas, Let's Get Fit /Coach Mac		Fellas, Let's Get Fit /Coach Mac		
	3pm-Line Dance w/Sheila	12:30pm Yoga /Shanna	12:30pm Yoga /Shanna		
	MON-16	TUE-17	WED-18	THU-19	FRI-20
8am Yoga Room	Step-Class /Shanna		Step-Class /Shanna		
8am-Gym	Wake Up & Walk Video	Wake Up & Walk Video	Wake Up & Walk /Video	Wake Up & Walk /Video	Wake Up & Walk /Video
9am	Fitness /Shanna	Strength Training /Shanna	Fitness /Shanna	Strength Training /Shanna	Fitness /Shanna
10am	Line Dance w/Sheila	Mixed-Fit /AnJonee	Line Dance w/Faye		Pilates /Shanna
11am	Chair Fit /Coach Mac	Chair Fit /Coach Mac	Chair Fit /Coach Mac	Chair Fit /Coach Mac	Chair Fit /Coach Mac
12pm	Fellas, Let's Get Fit /Coach Mac		Fellas, Let's Get Fit /Coach Mac		Fellas, Let's Get Fit /Coach Mac
	3pm-Line Dance w/Sheila	12:30pm Yoga /Shanna		12:30pm Yoga /Shanna	

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	MON-23	TUE-24	WED-25	THU-26	FRI-27	
8am Yoga Room	Step-Class /Shanna	The Pinnacle Senior Center Closed in Observance of the Christmas Holiday				
8am-Gym	Wake Up & Walk Video				Wake Up & Walk /Video	Wake Up & Walk /Video
9am	Fitness /Shanna				Strength Training /Shanna	Fitness /Shanna
10am	Line Dance w/Sheila					Pilates /Shanna
11am	Chair Fit /Coach Mac				Chair Fit /Coach Mac	Chair Fit /Coach Mac
12pm	Fellas, Let's Get Fit /Coach Mac					Fellas, Let's Get Fit /Coach Mac
	3pm-Line Dance w/Sheila				12:30pm Yoga /Shanna	
	MON-30	TUE-31				
8am Yoga Room	Step Class /Shanna					
8am	Fit & Strong /Shanna	Wake Up & Walk /Shanna				
8am-Gym	Wake Up & Walk Video	Wake Up & Walk Video				
9am	Fitness /Shanna	Strength Training /Shanna				
10am	Line Dance w/Sheila					
11am	Chair Fit /Coach Mac	Chair Fit /Coach Mac				
12pm	Fellas, Let's Get Fit /Coach Mac					
	3pm -Line Dance w/Sheila	12:30pm Yoga /Shanna				