

FEBRUARY 2025

MON	TUE	WED	THU	FRI
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28



THE PINNACLE SENIOR CENTER PARKS & RECREATION



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

(Aquatics hours 7:30-4:00 PM)

(Weight Room Days and Hours- Mon-Fri-7:30-4:15 PM)



Fitness Calendar Schedule

Please make sure you sign in at the front desk daily!

To Participate in The Pinnacle Programs & Activities everyone must complete a Registration Form and Sign a Release of Liability Waiver.

For Communication Updates please ask about the monthly {Email-Blast and Remind101} Text Messaging Reminder Registry

(AUD) Auditorium/Exercise Gym & (YR) Yoga Room Located in Aquatics Area

Time	Monday-3	Tuesday-4	Wednesday-5	Thursday-6	Friday-7
800-900 AM	Walk-Video-CM Step/w Shanna YR	Walk-Video-SE	Walk-Video-CM Step/w Shanna YR	Walk-Video-SE	Walk-Video-CM
900-1000 AM	Fitness/w Shanna	Strength-T/w Shanna	Fit & Strong/w Shanna	Buffalo Soldiers Event at the Pinnacle 9:00-10:00 AM	Fitness/w Shanna
950-1100 AM	Advanced Line-Dance/w Sheila	Zumba w/ Valerie AUD 1000-1100 AM	Beginners Line-Dance /w Faye		Pilates/w Shanna AUD 1000-1100 AM
1100-1200 PM	Move-Fit/w Mac Men-Fit/w Mac	Chair-Fit/w Coach	Move-Fit/w Mac Men-Fit/w Mac		Move-Fit/w Coach Men-Fit/w Mac
1200-100 PM	Step/w Shanna YR	Yoga/w Shanna AUD 12:30-115PM	Step/w Shanna YR	Yoga/w Shanna AUD 12:30-115PM	
300-400 PM	Line-Dance/w Sheila				
	Mon-10	Tues-11	Wed-12	Thurs-13	Fri-14
800-900 AM	Walk-Video-CM Step/w Shanna YR	Walk-Video-SE	Walk-Video-CM Step/w Shanna YR	Walk-Video-SE	Walk-Video-CM
900-1000 AM	Fitness/w Shanna	Strength-T/w Shanna	Fit & Strong/w Shanna	Strength-T/w Shanna	Fitness/w Shanna
950-1100 AM	Advanced Line-Dance/w Sheila	Zumba w/ Valerie AUD 1000-1100 AM	Beginners Line-Dance /w Faye		Pilates/w Shanna AUD 1000-1100 AM
1100-1200 PM	Move-Fit/w Mac Men-Fit/w Mac	Chair-Fit/w Coach	Chair Fit & Men Fit Canceled No Classes	Chair-Fit/w Coach	Pinnacle will be closing at 12:00 PM
1200-100 PM	Step/w Shanna YR	Yoga/w Shanna AUD 12:30-115PM	Step/w Shanna YR	Yoga/w Shanna AUD 12:30-115PM	Houston Food Bank Registration at 12:45 Distribution 1-3 PM
300-400 PM	Line-Dance/w Sheila				
	Mon-17	Tues-18	Wed-19	Thurs-20	Fri-21
800-900 AM	Walk-Video-CM Step/w Shanna YR	Walk-Video-SE	Walk-Video-CM Step/w Shanna YR	Walk-Video-SE	Walk-Video-CM
900-1000 AM	Fitness/w Shanna	Strength-T/w Shanna	Fit & Strong/w Shanna	Strength-T/w Shanna	Fitness/w Shanna
950-1100 AM	Advanced Line-Dance/w Sheila	Senior Center CPR Demonstration Class 10-1130 AM	Beginners Line-Dance /w Faye		Pilates/w Shanna AUD 1000-1100 AM
1100-1200 PM	Move-Fit/w Mac Men-Fit/w Mac		Move-Fit/w Mac Men-Fit/w Mac	Chair-Fit/w Coach	Move-Fit/w Coach Men-Fit/w Mac
1200-100 PM	Step/w Shanna YR	Yoga/w Shanna AUD 12:30-115PM	Step/w Shanna YR	Yoga/w Shanna AUD 12:30-115PM	
300-400 PM	Line-Dance/w Sheila				
	Mon-24	Tues-25	Wed-26	Thurs-27	Fri-28
800-900 AM	Walk-Video-CM Step/w Shanna YR	Walk-Video-SE	Walk-Video-CM Step/w Shanna YR	Walk-Video-SE	Walk-Video-CM
900-1000 AM	Fitness/w Shanna	Strength-T/w Shanna	Fit & Strong/w Shanna	Strength-T/w Shanna	Fitness/w Shanna
950-1100 AM	Advanced Line-Dance/w Sheila	Zumba w/ Valerie AUD 1000-1100 AM	Beginners Line-Dance /w Faye		Pilates/w Shanna AUD 1000-1100 AM
1100-1200 PM	Move-Fit/w Mac Men-Fit/w Mac	Chair-Fit/w Coach	Move-Fit/w Mac Men-Fit/w Mac	Chair-Fit/w Coach	Move-Fit/w Coach Men-Fit/w Mac
1200-100 PM	Step/w Shanna YR	Yoga/w Shanna AUD 12:30-115PM	Step/w Shanna YR	Yoga/w Shanna AUD 12:30-115PM	
300-400 PM	Line-Dance/w Sheila				
	<i>Line Dance Instructors</i> Mrs. Sheila & Mrs. Faye	<i>Chair/Move/Men Fit Instructor/Coach</i> Dennis "Mac" McCalpin # 832-471-2763	<i>Step Strength/Yoga/Pilates Instructor</i> Ms. Shanna Etemadi # 832-471-2764		

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Aquatics Calendar Schedule

Aquatics Hours Mon-Fri 7:30-4:00 PM

Time	Monday	Tuesday	Wednesday	Thursday	Friday
To participate in "Aquatic" activities you must register & sign a waiver of liability You must also attend/view a pool orientation video on safety and guidelines		IMPORTANT You must shower before entering the pool. You must wear appropriate swimwear/water shoes. NO bandages or open sores/wounds	IMPORTANT No Free-Swimming during Lap Swimming Period		There will be NO Swim lessons this month. 
NO LIFEGUARD ON DUTY! SWIM AT YOUR OWN RISK!!!					
Wk-1	MON-3	TUE-4	WED-5	THU-7	FRI-8
730-900 AM	LAP SWIM				
900-1100 AM	Free Swim (NO SWIM LESSONS)				
1100-1200 PM	Aqua Zumba w/Sandi	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Zumba w/Sandi
1200-200 PM	Free Swim w/Cycles & Treadmills	Free Swim	Aqua Balance w/ Sandi Free swim	Free Swim	Free Swim w/Cycles & Treadmills
200-300 PM		Aqua Aerobics w/Video	Aqua Aerobics w/Video	Aqua Aerobics w/Video	
300-400 PM		Free Swim	Free Swim	Free Swim	
Wk-2	MON-10	TUE-11	WED-12	THU-13	FRI-14
730-900 AM	LAP SWIM				
900-1100 AM	Free Swim (NO SWIM LESSONS)				
1100-1200 PM	Aqua Zumba w/Sandi	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Zumba w/ Sandi 1015am-1115am
1200-200 PM	Free Swim w/Cycles & Treadmills	Free Swim	Aqua Balance w/ Sandi Free Swim	Free Swim	PINNACLE CLOSED AT 12PM Houston Food Bank Senior Box Distribution 1pm-3pm
200-300 PM		Aqua Aerobics w/Video	Aqua Aerobics w/Video	Aqua Aerobics w/Video	
300-400 PM		Free Swim	Free Swim	Free Swim	
Wk-3	MON-17	TUE-18	WED-19	THU-20	FRI-21
730-900 AM	LAP SWIM				
900-1100 AM	Free Swim (NO SWIM LESSONS)				
1100-1200 PM	Aqua Zumba w/Sandi	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Zumba w/Sandi
1200-200 PM	Free Swim w/Cycles & Treadmills	Free Swim	Aqua Balance w/Sandi Free Swim	Free Swim	Free Swim w/Cycles & Treadmills
200-300 PM		Aqua Aerobics w/Video	Aqua Aerobics w/Video	Aqua Aerobics w/Video	
300-400 PM		Free Swim	Free Swim	Free Swim	
Wk-4	MON-24	TUE-25	WED-26	THU-27	FRI-28
730-900 AM	LAP SWIM				
900-1100 AM	Free Swim (NO SWIM LESSONS)				
1100-1200 PM	Aqua Zumba w/Sandi	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Zumba w/Sandi
1200-200 PM	Free Swim w/Cycles & Treadmills	Free Swim	Aqua Balance w/Sandi Free Swim	Free Swim	Free Swim w/Cycles & Treadmills
200-300 PM		Aqua Aerobics w/Video	Aqua Aerobics w/Video	Aqua Aerobics w/Video	
300-400 PM		Free Swim	Free Swim	Free Swim	
Volunteer Swim Instructor Booker Canty		Aqua Zumba & Balance Instructor Sandra Patterson		Aqua Fitness Coordinator and Instructor Tyler Shannon	

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Activity Calendar

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(AUD)-Auditorium/Exercise Gym & **(YR)**-Yoga Room Located in Aquatics Area

Time	Monday-3	Tuesday-4	Wednesday-5	Thursday-6	Friday-7
800-900 AM				QUILTING BEE 9-3PM MPR	
900-1000 AM	Girling 9-10:30AM MPR			THE BUFFALO SOLDIERS 9-10AM	
1000-1100 AM	THE MIX BOOK CLUB "FLYING SOLO"	TECHIE TUESDAY	HGAC Aging Mastery Program 10:30-12PM MPR	DYI ORIGAMI HEARTS Library	
1100-1200 PM		Greater Works Bible Study			
1200-100 PM					WILD n WOOLEY SEWL SISTERS 12-3PM MPR
100-200 PM		BRIDGE 1-3PM MPR			
200-300 PM					
300-400PM					
	Mon-10	Tues-11	Wed-12	Thurs-13	Fri-14
800-900 AM				QUILTING BEE 9-3PM MPR	
900-1000 AM					
1000-1100 AM	ARTreach MPR	CREAT VISUAL BUCKET LIST- LIBRARY	HGAC Aging Mastery Program 10:30-12PM MPR	EMBROIDERED BOOKMARKS-LIBRARY	
1100-1200 PM					
1200-100 PM		Greater Works Bible Study			The Pinnacle will Close at 12:00pm
100-200 PM					HOUSTON FOOD BANK 1-3PM
200-300 PM					
300-400PM					
	Mon-17	Tues-18	Wed-19	Thurs-20	Fri-21
800-900 AM				QUILTING BEE 9-3PM MPR	
900-1000 AM		HHS-CPR DEMO 10-11:30AM AUD		COMPUTER CLASS - LIBRARY	
1000-1100 AM		MEDICARE w/KARINA	HGAC Aging Mastery Program 10:30-12PM MPR		
1100-1200 PM		Greater Works Bible Study			BINGO PARTY w/Constable Smith MPR
1200-100 PM					RED HAT SOCIETY 12-3PM MPR
100-200 PM					
200-300 PM					
300-400PM					
	Mon-24	Tues-25	Wed-26	Thurs-27	Fri-28
800-900 AM				QUILTING BEE 8-1PM MPR	
900-1000 AM		COOKING for TWO LIBRARY	HGAC Aging Mastery Program 10:30-12PM MPR	COMPUTER CLASS - LIBRARY	
1000-1100 AM	ARTreach MPR		BIRTHDAY CELEBRATIONS 10:45-11:00AM Library		
1100-1200 PM		Greater Works Bible Study			
1200-100 PM					WILD n WOOLEY SEWL SISTERS 12-3PM MPR
100-200 PM					
200-300 PM					
300-400PM					