JANUARY 2025							
MON	TUE	WED	THU	FRI			
		1	2	3			
6	7	8	9	10			
13	14	15	16	17			
20	21	22	23	24			
27	28	29	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
			Wed-1	Thurs-2	Fri-3
800-900 AM			The	Walk-Video- SE	Walk-Video- CM
Yoga Room					
900-945 AM			Pinnacle	Strength-T/w Shanna	Fitness/w Shanna
<mark>950-1100 AM</mark>			Senior		Pilates/w Shanna
1100-1200 PM			Center	Chair-Fit/w Coach	Move-Fit/w Coach
1200-100 PM			Closed for	Yoga/w Shanna	Men-Fit/w Mac
1200-100 PM			New Year's Day		
300-400 PM					
800.000 414	Mon-6	Tues-7	Wed-8	Thurs-9 Walk-Video- SE	Fri-10
800-900 AM	Walk-Video- CM	Walk-Video- SE	Walk-Video- CM	VVAIK-VIUEO-SE	Walk-Video- CM
Yoga Room	Step/w Shanna Yoga-R		Step/w Shanna Yoga-R		
900-945 AM	Fitness/w Shanna	Strength-T/w Shanna	Fit & Strong/w Shanna	Strength-T/w Shanna	Fitness/w Shanna
950-1100 AM	Line-Dance/w Sheila		Line-Dance/w Faye		Pilates/w Shanna
1100-1200 PM	Move-Fit/w Mac	Chair-Fit/w Coach	Move-Fit/w Mac	Chair-Fit/w Coach	Move-Fit/w Coach
1200-100 PM	Men-Fit/w Mac	Yoga/w Shanna	Men-Fit/w Mac	Yoga/w Shanna	Men-Fit/w Mac
1200-100 PM	Step/w Shanna Yoga-R		Step/w Shanna Yoga-R		
300-400 PM	Line-Dance/w Sheila		Line-Dance/w Faye	T I	.
800-900 AM	Mon-13 Walk-Video	Tues-14 Walk-Video-SE	Wed-15 Walk-Video	Thurs-16 Walk-Video- SE	Fri-17 Walk-Video-CM
Yoga Room	Step/w Shanna Yoga-R	Walk-Video-3L	Step/w Shanna Yoga-R	Walk-Video-SL	waik-video- civi
900-945 AM	Fitness/w Shanna	Strength-T/w Shanna	Fit & Strong/w Shanna	Strength-T/w Shanna	Fitness/w Shanna
950-1100 AM	Line-Dance/w Sheila		Line-Dance/w Faye	Strength 17 w Shanna	Pilates/w Shanna
1100-1200 PM	Move-Fit/w Mac	Chair-Fit/w Coach	Move-Fit/w Mac	Chair-Fit/w Coach	Move-Fit/w Coach
1200-100 PM	Men-Fit/w Mac	Yoga/w Shanna	Men-Fit/w Mac	Yoga/w Shanna	Men-Fit/w Mac
1200-100 PM	Step/w Shanna Yoga-R	Toga/ w Shanna	Step/w Shanna Yoga-R	Togay w Sharina	
300-400 PM	Line-Dance/w Sheila		Line-Dance/w Faye		
	Mon-20	Tues-21	Wed-22	Thurs-23	Fri-24
800-900 AM	The	Walk-Video- SE	Walk-Video	Walk-Video- SE	Walk-Video- CM
Yoga Room	Pinnacle		Step/w Shanna Yoga-R		
900-945 AM	Senior	Strength-T/w Shanna	Fit & Strong/w Shanna	Strength-T/w Shanna	Fitness/w Shanna
<mark>950-1100 AM</mark>	Center		Line-Dance/w Faye		Pilates/w Shanna
1100-1200 PM	Closed for	Chair-Fit/w Coach	Move-Fit/w Mac	Chair-Fit/w Coach	Move-Fit/w Coach
1200-100 PM	Martin Luther King Jr	Yoga/w Shanna	Men-Fit/w Mac	Yoga/w Shanna	Men-Fit/w Mac
1200-100 PM	Day		Step/w Shanna		
300-400 PM			Line-Dance/w Faye		
	Mon-27	Tues-28	Wed-29	Thurs-30	Fri-31
800-900 AM	Walk-Video	Walk-Video- SE	Walk-Video	Walk-Video- SE	Walk-Video- CM
Yoga Room	Step/w Shanna Yoga-R		Step/w Shanna Yoga-R		
900-945 AM	Fitness/w Shanna	Strength-T/w Shanna	Fit & Strong/w Shanna	Strength-T/w Shanna	Fitness/w Shanna
<mark>950-1100 AM</mark>	Line-Dance/w Sheila		Line-Dance/w Faye		Pilates/w Shanna
1100-1200 PM	Move-Fit/w Mac	Chair-Fit/w Coach	Move-Fit/w Mac	Chair-Fit/w Coach	Move-Fit/w Coach
1200-100 PM	Men-Fit/w Mac	Yoga/w Shanna	Men-Fit/w Mac	Yoga/w Shanna	Men-Fit/w Mac
1200-100 PM	Step/w Shanna <mark>Yoga-R</mark>		Step/w Shanna Yoga-R		
300-400 PM	Line-Dance/w Sheila		Line-Dance/w Faye		
Line Dance Instructors <mark>Mrs. Sheila & Mrs. Faye</mark>		Chair/Move/Men Fit Instructor Coach Dennis "Mac" McCalpin # 832-471-2763		Step Strength/Yoga/Pilates Instructor <mark>Ms. Shanna Etemadi # 832-471-2764</mark>	

	JANUARY 2025				THE PINNACLE SENIOR CENTER				
MON	TUE	WED	THU		PARKS & RECREATION				
6	7	1 8	2	3 10					
13	14	15	16	10	5525-C Hobby Road • Houston, Texas 77053				
20	21	22	23	24		Mon-Fri: 7:30am - 4:30pm • 832-471-2765			
27	28	29	30	31		Aquatio	cs Calendar S	chedule	
Tin		Monday		Tuesday		Wednesday	Thursday	Friday	
		'Aquatic" activitie in a waiver of lial		You must s		ORTANT	IMPORTANT	Swim lessons will take place during free	
				You must shower before entering the pool. You must wear appropriate swimwear/water		No Free-Swimming during Lap	swim in designated		
	You must also attend/view a pool orientation video on safety and			shoes. NO	bandage	s or open sores/wounds	Swimming Period	20	
	gui	idelines							
				NO LIFEGUARD	ON DU	<u>ry! SWIM AT YOUR OWN I</u>	RISK!!!		
Wk	<-1	MON		TUE		WED-1	THU-2	FRI-3	
730-90	MA 00				The		LAP SWIM		
900-10	00 AM				Pinnacle		Swim Lessons w/Booker & Free Swim		
1100-12	200 PM					Senior	Aqua Aerobics	Aqua Zumba w/Sandi	
							w/Tyler	Aqua zumba w/sanul	
1200-1	.00 PM					Center	Free Swim		
100-20	00 PM					Closed for	Aqua Aerobics w/Video	Free Swim w/Cycles & Treadmills	
300-40	00 PM					New Year's Day	Free Swim		
Wk	<-2	MON-6		TUE-7		WED-8	THU-9	FRI-10	
730-90	MA 00					LAP SWIM			
900-10	00 AM				Swim I	essons w/Booker & Free S	wim		
1100-12	200 PM	Aqua Zumba w,	/Sandi	Aqua Aerobics v	w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Zumba w/Sandi	
1200-1	.00 PM			Free Swin	n	Aqua Balance w/ Sandi	Free Swim		
100-20	00 PM	Free Swim w/Cycles & Treadmills		Aqua Aerobics w	v/Video	Aqua Aerobics w/Video	Aqua Aerobics w/Video	Free Swim w/Cycles & Treadmills	
300-40	00 PM	i cuurin.	-	Free Swin	n	Free Swim	Free Swim		
Wk		MON-13		TUE-14		WED-15	THU-16	FRI-17	
730-90						LAP SWIM			
900-10	00 AM			Γ	Swim L	essons w/ Booker & Free S		1	
1100-12	200 PM	Aqua Zumba w,	/Sandi	Aqua Aerobics v	w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Zumba w/Sandi	
1200-1	00 PM	Free Swin		Free Swin	n	Aqua Balance w/Sandi	Free Swim		
100-20	00 PM	w/Cycles & Treadmills	۶.	Aqua Aerobics w	v/Video	Aqua Aerobics w/Video	Aqua Aerobics w/Video	Free Swim w/Cycles & Treadmills	
300-40	00 PM	rreaumins	>	Free Swin	n	Free Swim	Free Swim		
Wł	८-4	MON-20		TUE-21		WED-22	THU-23	FRI-24	
730-90		The				LAP SW			
900-10	00 AM	Pinnacle				Swim Lessons w/ Boc	oker & Free Swim Aqua Aerobics		
1100-12	200 PM	Senior		Aqua Aerobics v	w/Tyler	Aqua Aerobics w/Tyler	w/Tyler	Aqua Zumba w/Sandi	
1200-1	.00 PM	Center		Free Swin	n	Aqua Balance w/Sandi	Free Swim	4	
100-20	00 PM	Closed fo		Aqua Aerobics w	v/Video	Aqua Aerobics w/Video	Aqua Aerobics w/Video	Free Swim w/Cycles & Treadmills	
300-40	00 PM	Martin Luther		Free Swim		Free Swim	Free Swim		
Wł	-5	King Jr Da MON-27	ху	TUE-28		WED-29	THU-30	FRI-31	
730-90	MA 00					LAP SWIM			
900-10	00 AM				Swim L	.essons w/ Booker & Free S 			
1100-12	200 PM	Aqua Zumba w,	/Sandi	Aqua Aerobics v	w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Zumba w/Sandi	
1200-1	.00 PM	Free Swim w/Cycles & Treadmills		Free Swin	n	Aqua Balance w/Sandi	Free Swim	_	
100-20	00 PM			Aqua Aerobics w	v/Video	Aqua Aerobics w/Video	Aqua Aerobics w/Video	Free Swim w/Cycles & Treadmills	
300-40				Free Swin		Free Swim	Free Swim		
Vo	Volunteer Swim Instructor		r					dinator and Instructor	
Booker Canty		S	Sandra Patterson		Tyler Shannon				