

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

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## Aquatics Calendar Schedule

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		<b>IMPORTANT</b> You must shower before entering the pool. You must wear appropriate swimwear/water shoes. NO bandages or open sores/wounds		<b>IMPORTANT</b> No Free-Swimming during Lap Swimming Period	Swim lessons will take place during free swim in designated 
<b>NO LIFEGUARD ON DUTY! SWIM AT YOUR OWN RISK!!!</b>					
Wk-1	MON	TUE	WED-1	THU-2	FRI-3
730-900 AM			<b>The</b>	<b>LAP SWIM</b>	
900-1000 AM			<b>Pinnacle</b>	Swim Lessons w/Booker & Free Swim	
1100-1200 PM			<b>Senior</b>	Aqua Aerobics w/Tyler	Aqua Zumba w/Sandi
1200-100 PM			<b>Center</b>	Free Swim	Free Swim w/Cycles & Treadmills
100-200 PM			<b>Closed for</b>	Aqua Aerobics w/Video	
300-400 PM			<b>New Year's Day</b>	Free Swim	
Wk-2	MON-6	TUE-7	WED-8	THU-9	FRI-10
730-900 AM	<b>LAP SWIM</b>				
900-1000 AM	Swim Lessons w/Booker & Free Swim				
1100-1200 PM	Aqua Zumba w/Sandi	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Zumba w/Sandi
1200-100 PM	Free Swim w/Cycles & Treadmills	Free Swim	Aqua Balance w/ Sandi	Free Swim	Free Swim w/Cycles & Treadmills
100-200 PM		Aqua Aerobics w/Video	Aqua Aerobics w/Video	Aqua Aerobics w/Video	
300-400 PM		Free Swim	<b>Free Swim</b>	Free Swim	
Wk-3	MON-13	TUE-14	WED-15	THU-16	FRI-17
730-900 AM	<b>LAP SWIM</b>				
900-1000 AM	Swim Lessons w/ Booker & Free Swim				
1100-1200 PM	Aqua Zumba w/Sandi	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Zumba w/Sandi
1200-100 PM	Free Swim w/Cycles & Treadmills	Free Swim	Aqua Balance w/Sandi	Free Swim	Free Swim w/Cycles & Treadmills
100-200 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-20	TUE-21	WED-22	THU-23	FRI-24
730-900 AM	<b>The</b>	<b>LAP SWIM</b>			
900-1000 AM	<b>Pinnacle</b>	Swim Lessons w/ Booker & Free Swim			
1100-1200 PM	<b>Senior</b>	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Zumba w/Sandi
1200-100 PM	<b>Center</b>	Free Swim	Aqua Balance w/Sandi	Free Swim	Free Swim w/Cycles & Treadmills
100-200 PM	<b>Closed for</b>	Aqua Aerobics w/Video	Aqua Aerobics w/Video	Aqua Aerobics w/Video	
300-400 PM	<b>Martin Luther King Jr Day</b>	Free Swim	Free Swim	Free Swim	
Wk-5	MON-27	TUE-28	WED-29	THU-30	FRI-31
730-900 AM	<b>LAP SWIM</b>				
900-1000 AM	Swim Lessons w/ Booker & Free Swim				
1100-1200 PM	Aqua Zumba w/Sandi	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Aerobics w/Tyler	Aqua Zumba w/Sandi
1200-100 PM	Free Swim w/Cycles & Treadmills	Free Swim	Aqua Balance w/Sandi	Free Swim	Free Swim w/Cycles & Treadmills
100-200 PM		Aqua Aerobics w/Video	Aqua Aerobics w/Video	Aqua Aerobics w/Video	
300-400 PM		Free Swim	Free Swim	Free Swim	
<b>Volunteer Swim Instructor</b>		<b>Aqua Zumba &amp; Balance Instructor</b>		<b>Aqua Fitness Coordinator and Instructor</b>	
<b>Booker Canty</b>		<b>Sandra Patterson</b>		<b>Tyler Shannon</b>	