

PLEASE SIGN IN DAILY-THANKS!

Reminder!

Please follow all federal, state, and local COVID-19 rules and guidelines

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To Stay Safe - Clean, Disinfect, Social Distance & Wash Your Hands

Welcome to Virtual Pinnacle!

*We know you miss those, mood enhancing fitness and dance classes that made you **HAPPY!***

*You **MUST** continue to **MOVE!***

*You **MUST** make the **TIME!***

*You **MUST** follow a **PLAN!***

We have helped you out!

*As more of our volunteers come onboard to offer virtual classes, we will attempt to recreate our schedule for at home use by **YOU!***

The PINNACLE Senior Center of Fort Bend County

June 2020

WE MISS YOU!!!



5525-C Hobby Rd. Houston, TX 77053
M-F 7:30am-7:30pm Sat. 8-11am

When using the Fitness Trail

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Abide by posted CDC signs

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Wear gloves when using the outdoor equipment

•EVENING SCHEDULE•

We will add "Virtual" evening classes soon!

MONDAY

9AM-Fitness- https://www.youtube.com/watch?v=fDBEJvUQzPs&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=8

10AM-Line Dance w/Sheila- https://www.youtube.com/playlist?list=PL0-G_EGgVxOyXcRYr-tDJtkCZw3POdMwe

11AM- Chair Fit- https://www.youtube.com/watch?v=CvSjtwJYqyI&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=3

12PM-Yoga- Part 1 <https://youtu.be/ct7mmXwUSIE> **Part 2** <https://youtu.be/yGwdbXo1QJY>

TUESDAY

9AM-Fitness- https://www.youtube.com/watch?v=b4DxJkH3v5Y&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=4

10AM-Line Dance w/Sheila- https://www.youtube.com/playlist?list=PL0-G_EGgVxOyXcRYr-tDJtkCZw3POdMwe

11AM- Chair Fit- https://www.youtube.com/watch?v=VB9WRWVukGY&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=1

12PM-Yoga- Part 1 <https://youtu.be/ct7mmXwUSIE> **Part 2** <https://youtu.be/yGwdbXo1QJY>

Call the Pinnacle if you have questions, comments, suggestions concerns on how we can better serve you during our closure

832-471-2765

We Miss You!!!

The Pinnacle Aquatic Fitness Center is **CLOSED** Until further notice

Visit us online at:
www.fortbendcountytexas.gov
Under Departments/
Health & Human Services

WEDNESDAY

9AM-Fitness-https://www.youtube.com/watch?v=fDBEJvUQzPs&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=2

10AM-Line Dance w/Sheila- https://www.youtube.com/playlist?list=PL0-G_EGgVxOyXcRYr-tDJtkCZw3POdMwe

11AM- Fitness (Abs)- https://www.youtube.com/watch?v=H0iVzilqARU&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=7

12PM-Yoga- Part 1 <https://youtu.be/ct7mmXwUSIE> **Part 2** <https://youtu.be/yGwdbXo1QJY>

THURSDAY

9AM-Fitness-https://www.youtube.com/watch?v=fDBEJvUQzPs&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=8

10AM-Line Dance w/Sheila-https://www.youtube.com/playlist?list=PL0-G_EGgVxOyXcRYr-tDJtkCZw3POdMwe

11AM-Chair Fit- https://www.youtube.com/watch?v=CvSjtwJYqyl&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=3

Functional Fitness- Part 1 https://www.youtube.com/watch?v=ZhDjzky7oE&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=5

Part 2 https://www.youtube.com/watch?v=-kAfHX3flwE&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=6

12PM-Yoga- Part 1 <https://youtu.be/ct7mmXwUSIE> **Part 2** <https://youtu.be/yGwdbXo1QJY>

FRIDAY

9AM-Fitness Walk & Stretch- https://www.youtube.com/watch?v=TWfVf_5oxT4&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=9

10AM-Line Dance w/Sheila- https://www.youtube.com/playlist?list=PL0-G_EGgVxOyXcRYr-tDJtkCZw3POdMwe

11AM-Chair Fit- https://www.youtube.com/watch?v=VB9WRWVukGY&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=1

12PM-Yoga- Part 1 <https://youtu.be/ct7mmXwUSIE> **Part 2** <https://youtu.be/yGwdbXo1QJY>