

**No Lifeguards on Duty  
Swim at Own Risk!**

**Reminder!**  
*Please sign in daily*  
•To participate in "Aquatic" activities you must register and sign a waiver of liability  
•You must also attend/view a pool orientation on safety and guidelines  
**MONDAY**

**IMPORTANT**


- You must shower before entering the pool
- You must wear appropriate swimwear/water shoes
- NO bandages or open sores/wounds

**Tuesday**

The Pinnacle Aquatic Fitness Center  
5525-D Hobby Rd. Houston, Texas 77053  
Monday –Friday  
7:45pm – 1:45pm  
**WEDNESDAY**

**Aqua ZUMBA**  
w/Sandi Patterson  
**11am-12pm**  
**Monday & Friday**  
aqua  
**ZUMBA**  
**THURSDAY**

**Aqua Aerobics**  
w/Tyler  
**Tuesday, Wednesday & Thursday**  
**11AM-12pm**  
Free for All Members!  
**FRIDAY**

*Lap Swimmers*  
**7:45 – 9:05 AM**  
  
**Notice!**  
*Swim lessons are in session during free swim 9:10-10:45am in designated area*

*Please see Tyler for individual water workouts designed for free swim*  
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Super Tuesday Texas Elections March 5, 2024  
**Get Out And Vote!**  
The Multi-Purpose Room Will be closed March 4<sup>th</sup> thru March 5<sup>th</sup>

Fort Bend County Juvenile Probation Mentoring Program  
**March 1<sup>st</sup> 9-12pm**  
Please sign up if you want to make a difference in a young adult's life.  
**BINGOsize**  
New 10 Week Class  
Tuesday & Thursday  
At 10am



**1** *Free Swim 9:10-10:30AM*  
  
**Aqua ZUMBA**  
w/Sandi  
**11am-12pm**  
*Free Swim (Cycles & Treadmills) 12:15pm – 1:45pm*

**4** *Free Swim 9:10-10:30AM (Cycles & Treadmills)*  
  
**Aqua ZUMBA**  
w/Sandi  
**11am-12pm**  
*Free Swim (Cycles & Treadmills) 12:15pm – 1:45pm*

**5** *Free Swim 9:10-10:30AM (Cycles & Treadmills)*  
  
**Aqua Aerobics**  
w/Tyler  
**11AM-12pm**  
  
*Free Swim (Cycles & Treadmills) 12:15pm – 1:45pm*

**6** *Free Swim 9:10AM-10:30AM (Cycles & Treadmills)*  
  
**Aqua Aerobics**  
w/Tyler  
**11AM-12pm**  
  
*Free Swim (Cycles & Treadmills) 12:15pm – 1:45pm*

**7** *Free Swim 9:10am-10:30a (Cycles & Treadmills)*  
  
**Aqua Aerobics**  
w/Tyler  
**11AM-12pm**  
  
*Free Swim (Cycles & Treadmills) 12:15pm – 1:45pm*

**8** *Free Swim 9:10-10:30AM (Cycles & Treadmills)*  
  
**Aqua ZUMBA**  
w/Sandi  
**11am-12pm**  
  
*Free Swim (Cycles & Treadmills) 12:15pm – 1:45pm*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>11</b> <i>Free Swim</i>  <b>9:10-10:30AM</b>  <i>(Cycles &amp;Treadmills)</i>  <b>Aqua ZUMBA</b>  <b>w/Video</b>  <b>11am-12pm</b>  <i>Free Swim</i>  <i>(Cycles &amp;Treadmills)</i>  <b>12:15pm – 1:45pm</b></p>	<p><b>12</b> <i>Free Swim</i>  <b>9:10-10:30AM</b>  <i>(Cycles &amp;Treadmills)</i>  <b>Aqua Aerobics</b>  <b>w/Tyler</b>  <b>11AM-12pm</b>  <i>Free Swim</i>  <i>(Cycles &amp;Treadmills)</i>  <b>12:15pm – 1:45pm</b></p>	<p><b>13</b> <i>Free Swim</i>  <b>9:10AM-10:30AM</b>  <i>(Cycles &amp;Treadmills)</i>  <b>Aqua Aerobics</b>  <b>w/Tyler</b>  <b>11AM-12pm</b>  <i>Free Swim</i>  <i>(Cycles &amp;Treadmills)</i>  <b>12:15pm – 1:45pm</b></p>	<p><b>14</b> <i>Free Swim</i>  <b>9:10AM-10:30AM</b>  <i>(Cycles &amp;Treadmills)</i>  <b>Aqua Aerobics</b>  <b>w/Tyler</b>  <b>11AM-12pm</b>  <i>Free Swim</i>  <i>(Cycles &amp;Treadmills)</i>  <b>12:15pm – 1:45pm</b></p>	<p><b>15</b> <i>Free Swim</i>  <b>9:10-10:30AM</b>  <i>(Cycles &amp;Treadmills)</i>  <b>Aqua ZUMBA</b>  <b>w/Video</b>  <b>11am-12pm</b>  <i>Free Swim</i>  <i>(Cycles &amp;Treadmills)</i>  <b>12:15pm – 1:45pm</b></p>
<p><b>18</b> <i>Free Swim</i>  <b>9:10-10:30AM</b>  <b>Aqua ZUMBA</b>  <b>w/Sandi</b>  <b>11am-12pm</b>  <i>Free Swim</i>  <i>(Cycles &amp;Treadmills)</i>  <b>12:15pm – 1:45pm</b></p>	<p><b>19</b> <i>Free Swim</i>  <b>9:10-10:30AM</b>  <i>(Cycles &amp;Treadmills)</i>  <b>Aqua Aerobics</b>  <b>w/Tyler</b>  <b>11AM-12pm</b>  <i>Free Swim</i>  <i>(Cycles &amp;Treadmills)</i>  <b>12:15pm – 1:45</b>  <i>Spring Begins</i></p>	<p><b>20</b> <i>Free Swim</i>  <b>9:10AM-10:45AM</b>  <i>(Cycles &amp;Treadmills)</i>  <b>Aqua Aerobics</b>  <b>w/Tyler</b>  <b>11AM-12pm</b>  <i>Free Swim</i>  <i>(Cycles &amp;Treadmills)</i>  <b>12:15pm – 1:45pm</b></p>	<p><b>21</b> <i>Free Swim</i>  <b>9:10AM-10:45AM</b>  <i>(Cycles &amp;Treadmills)</i>  <b>Aqua Aerobics</b>  <b>w/Tyler</b>  <b>11AM-12pm</b>  <i>Free Swim</i>  <i>(Cycles &amp;Treadmills)</i>  <b>12:15pm – 1:45pm</b></p>	<p><b>22</b> <i>Free Swim</i>  <b>9:10-10:30AM</b>  <i>(Cycles &amp;Treadmills)</i>  <b>Aqua ZUMBA</b>  <b>w/Sandi</b>  <b>11am-12pm</b>  <i>Free Swim</i>  <i>(Cycles &amp;Treadmills)</i>  <b>12:15pm – 1:45</b></p>
<p><b>25</b> <i>Free Swim</i>  <b>9:10-10:30AM</b>  <i>(Cycles &amp;Treadmills)</i>  <b>Aqua ZUMBA</b>  <b>w/Sandi</b>  <b>11am-12pm</b>  <i>Free Swim</i>  <i>(Cycles &amp;Treadmills)</i>  <b>12:15pm – 1:45pm</b></p>	<p><b>26</b> <i>Free Swim</i>  <b>9:10-10:30AM</b>  <i>(Cycles &amp;Treadmills)</i>  <b>Aqua Aerobics</b>  <b>w/Tyler</b>  <b>11AM-12pm</b>  <i>Free Swim</i>  <i>(Cycles &amp;Treadmills)</i>  <b>12:15pm – 1:45pm</b></p>	<p><b>27</b> <i>Free Swim</i>  <b>9:10AM-10:45AM</b>  <i>(Cycles &amp;Treadmills)</i>  <b>Aqua Aerobics</b>  <b>w/Tyler</b>  <b>11AM-12pm</b>  <i>Free Swim</i>  <i>(Cycles &amp;Treadmills)</i>  <b>12:15pm – 1:45pm</b></p>	<p><b>28</b> <i>Free Swim</i>  <b>9:10AM-10:45AM</b>  <i>(Cycles &amp;Treadmills)</i>  <b>Aqua Aerobics</b>  <b>w/Tyler</b>  <b>11AM-12pm</b>  <i>Free Swim</i>  <i>(Cycles &amp;Treadmills)</i>  <b>12:15pm – 1:45pm</b></p>	<p><b>29</b></p> 

