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| ***Wrist bands must be worn***  ***for class participation*** |
| ***PLEASE SIGN IN DAILY-THANKS!*** |
| **Reminder!**  •To participate in “Aquatic” activities you must register and sign a waiver of liability  •You must also attend a pool orientation on  safety and guidelines    **MONDAY** | **• • • • • • • • • •**  **Aqua ZUMBA w/Carla**  **Every 1st, 2nd 4th & 5th**  **Tuesday &**  **Every Thursday**  **12:30-1:30PM**    **TUESDAY** | The PINNACLE  Aquatic Fitness Center April 2020  “H2Oh! It’s Spring”  5525-D Hobby Rd. Houston, TX 77053  *M-F 9:00AM-2:00PM*  WEDNESDAY | **• • • • • • • • • •**  You must shower before entering the pool  You must wear appropriate swimwear and water shoes  NO bandages or open sores/wounds  THURSDAY | Pool Schedule Subject  to Change  please call:  832-471-2765  **≈≈≈≈≈≈≈≈≈≈≈≈≈≈**  *Especially inclement*  *weather days*  FRIDAY |
| **Classes close**  **5 minutes after start**  **Please arrive on time**  **and ready to exercise**  **No Jumping or Diving into the pool**  **••REMEMBER••** | **Eat**  **Sleep**  **SWIM**    **Repeat**  ***NEW CLASSES AT THE AQUATIC FITNESS CENTER!***  *Aqua Fit w/Krystal &*  *Yoga w/Krystal*  *See Schedule for times* | ***1) Free Swim***  **The Pinnacle**  **Aquatic Fitness Center**  **is**  **CLOSED**  **Until Further Notice**  ***9:30-10:30AM***  ***Aqua Fit w/Krystal***  ***(Cycles &Treadmills)***  ***11AM-Noon***  ***Free Swim***  ***12:30-1:30PM*** | ***2)* *Free Swim***  ***9:30-10:30AM***  ***Yoga w/Krystal***  ***(Cycles &Treadmills)***  ***11AM-Noon***  ***Aqua ZUMBA w/Carla***  ***12:30-1:30PM*** | ***3)*** ***Free Swim***  ***9:30-10:30AM***  ***Aqua Fit w/Krystal***  ***(Cycles &Treadmills)***  ***11AM-Noon***  ***Free Swim***  ***12:30-1:30PM*** |
| ***6) Free Swim***  ***9:30-10:30AM***  ***Aqua Fit w/Krystal***  ***(Cycles &Treadmills)***  ***11AM-Noon***  ***Free Swim***  ***12:30-1:30PM*** | ***7) Free Swim***  ***9:30-10:30AM***  ***Yoga w/Krystal***  ***(Cycles &Treadmills)***  ***11AM-Noon***  ***Aqua ZUMBA w/Carla***  ***12:30-1:30PM*** | ***8) Free Swim***  ***9:30-10:30AM***  ***Aqua Fit w/Krystal***  ***(Cycles &Treadmills)***  ***11AM-Noon***  ***Free Swim***  ***12:30-1:30PM*** | **9***)* ***Free Swim***  ***9:30-10:30AM***    ***Yoga w/Krystal***  ***(Cycles &Treadmills)***  ***11AM-Noon***  ***Aqua ZUMBA w/Carla***  ***12:30-1:30PM*** | ***10)*** ***Free Swim***  ***9:30-10:30AM***  ***Aqua Fit w/Krystal***  ***(Cycles &Treadmills)***  ***11AM-Noon***  ***Free Swim***  ***12:30-1:30PM*** |
| ***13)* *Free Swim***  ***9:30-10:30AM***  ***Aqua Fit w/Krystal***  ***(Cycles &Treadmills)***  ***11AM-Noon***  ***Free Swim***  ***12:30-1:30PM*** | ***14) Free Swim***  ***9:30-10:30AM***  **The Pinnacle**  **Aquatic Fitness Center**  **is**  **CLOSED**  **Until Further Notice**  ***Yoga w/Krystal***  ***(Cycles &Treadmills)***  ***11AM-Noon***    ***Aqua ZUMBA (No AquaZUMBA)***  ***12:30-1:30PM*** | ***15) Free Swim***  ***9:30-10:30AM***  ***Aqua Fit w/Krystal***  ***(Cycles &Treadmills)***  ***11AM-Noon***  ***Free Swim***  ***12:30-1:30PM*** | ***16)* *Free Swim***  ***9:30-10:30AM***    ***Yoga w/Krystal***  ***(Cycles &Treadmills)***  ***11AM-Noon***  ***Aqua ZUMBA w/Carla***  ***12:30-1:30PM*** | ***17) Free Swim***  ***9:30-10:30AM***    ***Aqua Fit w/Krystal***  ***(Cycles &Treadmills)***  ***11AM-Noon***  ***Free Swim***  ***12:30-1:30PM*** |
| ***20)*  *Free Swim***  ***9:30-10:30AM***  ***Aqua Fit w/Krystal***  ***(Cycles &Treadmills)***  ***11AM-Noon***  ***Free Swim***  ***12:30-1:30PM*** | ***21)*  *Free Swim***  ***9:30-10:30AM***  ***Yoga w/Krystal***  ***(Cycles &Treadmills)***  ***11AM-Noon***    ***Aqua ZUMBA w/Carla***  ***12:30-1:30PM*** | ***22)*  *Free Swim***  ***9:30-10:30AM***  ***Aqua Fit w/Krystal***  ***(Cycles &Treadmills)***  ***11AM-Noon***  ***Free Swim***  ***12:30-1:30PM*** | ***23)* *Free Swim***  ***9:30-10:30AM***    ***Yoga w/Krystal***  ***(Cycles &Treadmills)***  ***11AM-Noon***    ***Aqua ZUMBA w/Carla***  ***12:30-1:30PM*** | ***24)* *Free Swim***  ***9:30-10:30AM***  ***Aqua Fit w/Krystal***  ***(Cycles &Treadmills)***  ***11AM-Noon***  ***Free Swim***  ***12:30-1:30PM*** |
| *27)* ***Free Swim***  ***9:30-10:30AM***    ***Aqua Fit w/Krystal***  ***(Cycles &Treadmills)***  ***11AM-Noon***  ***Free Swim***  ***12:30-1:30PM*** | ***28)******Free Swim***  ***9:30-10:30AM***  ***Yoga w/Krystal***  ***(Cycles &Treadmills)***  ***11AM-Noon***  ***Aqua ZUMBA w/Carla***  ***12:30-1:30PM*** | ***29)*  *Free Swim***  ***9:30-10:30AM***  ***Aqua Fit w/Krystal***  ***(Cycles &Treadmills)***  ***11AM-Noon***  ***Free Swim***  ***12:30-1:30PM*** | ***30)* *Free Swim***  ***9:30-10:30AM***    ***Yoga w/Krystal***  ***(Cycles &Treadmills)***  ***11AM-Noon***    ***Aqua ZUMBA w/Carla***  ***12:30-1:30PM*** | **Pool Features**  ***• Size- 75’ x 30’ 4ft. deep***  ***•Walk ramp, chair lift & stairs***  **makes accessibility**  **accommodating for all abilities**  ***•Male/Female locker rooms, restrooms and shower***  ***• Aqua Cycles & Treadmills***  ***•Water walkers***  ***•Jog belts & dumbbells* in a variety of resistance levels**  ***•Free Swim time*** |