

PLEASE SIGN IN DAILY-THANKS!

Reminder!
The Houston Food Bank Truck is available at Christa McAuliffe Middle School CANCELED
8:30AM -11:45P
Request the schedule at from **MONDAY**

NOTICE!
The Pinnacle Senior & Aquatic Fitness Centers are **CLOSED**

The PINNACLE Senior Center of Fort Bend County
April 2020

BINGO
w/Amerigroup & Angelia
04-3-2020 11AM
Houston Diabetes Resource Center

•EVENING SCHEDULE•
Monday-5-6pm Line Dance w/Sheila
6-7pm -MixedFit w/ Anjonee
Tuesday-6-7pm Zydeco
Wednesday- 6-7pm Line Dance w/Bonnila
1st Thursday-6-7pm- OPEN
3rd & 4th Thursday 6-7pm
Two Stepping w/Marvin
Friday-6-7pm- WalkFit DVD's
FRIDAY/SATURDAY



The Pinnacle Senior Center is CLOSED

Until Further Notice

6) 8am-Wake Up & V
9am-Fitness
10am- Line Dance w/S
11am-ZUMBA
w/Valerie
1pm-Fitness
(Flexibility)
2-6pm-The Peak Table

5-6pm- Line Dance w/Sheila
6-7pm-MixedFit w/Anjonee
Walk DVD

1-3pm-Bridge
6-7pm-Walk DVD ZYDECO

2pm-Fitness DVD (AB Workout)
2-6pm-The Peak Table Games
6-7pm-Line Dance w/Bonnila Walk DVD

5-6pm-Sign Language w/Marvin
Will resume in the summer
6-7pm-Two Step w/Marvin/ Walk D

GOOD FRIDAY

8am- Wake Up & WALK!
9am- Fitness Friday
9am-Sewing w/Lula
10am-Sorbet, Smoothie Social
y & Humana Marketplace
Fellas, Let's Get Fit/Bingo
12pm-Chair Fit
1pm-Wild & Woolly Women
1pm-The Peak Table Games
6-7pm-Fitness DVD

Saturday 4-4-20
10am-Wake Up & Walk DVD

Fort Bend County
Holiday
The Pinnacle Senior
Fitness Centers
will be CLOSED in
observance of the
Good Friday Holiday

Schedule Subject to Change
please call: 832-471-2765
Especially inclement weather days

Welcome!!!
Krystal Paramo
Recreation Instructor

Please support your VOLUNTEERS with a kind and generous donation!
All classes except Freeman's are Taught/Facilitated by Volunteers!!!!

The Pinnacle Aquatic Fitness Center is CLOSED until further notice

Visit us online at:
www.fortbendcountytx.gov under Departments/Health & Human Services

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

13) 8am-Wake Up & Walk!
9am-Fitness
10am- Line Dance w/Sheila
11am-ZUMBA™
w/Valerie

14) 8am-Wake Up & WALK!
9am-Strength Training
9am- Chair Fit
10am-Fellas, Let's Get Fit!
11am- Greater Works

15) 8am- Wake Up & WALK!
9am- Fitness
10am- ZUMBA™ w/Valerie
11am-Two Stepping
w/Marvin

16) 8am-Wake Up & WALK!
9am-Functional Fitness
10am-Genealogy
Library Programming

17) 8am- Wake Up & WALK!
9am- Fitness Friday
9am-Sewing w/Lula
11am-Fellas, Let's Get Fit
12pm Chair Fit

1pm-Flexibility
(Flexibility)
2-6pm-The Peak
5-6pm- Line Dance
w/Sheila
6-7pm-MixedFit w/Anjonee

20) 8am-Wake Up & Walk!
9am-Fitness
10am- Line Dance
w/Sheila
11am-ZUMBA™
w/Valerie
1pm-Flexibility
(Flexibility)
2-6pm-The Peak
5-6pm- Line Dance
6-7pm-MixedFit w/Anjonee

27) 8am-Wake Up & Walk!
9am-Fitness
10am- Line Dance
w/Sheila
11am-ZUMBA™

1pm-Fitness
(Flexibility)
2-6pm-The Peak Table Games
5-6pm- Line Dance w/Sheila
6-7pm-MixedFit w/Anjonee Walk DVD

11am-Chair Fit
12pm-Afternoon Fitness w/Valerie
1-3pm-Bridge
4:30-6pm Diabetes Peer Support
6-7pm-Walk DVD / ■ ZYDECO ■

BIRTHDAY CELEBRATION @ NOON
12-2pm- Wild & Wooly Women
1pm-Fitness (Ab Workout)
2-6pm-The Peak Table Games
6-7pm-Line Dance w/Boninita/Walk DVD

2-6pm-The Peak
Table Games
5-6pm-Sign Language
Will resume in the summer
6-7pm-Two Step w/Marvin/ Walk DVD

Wooly Women
Hat Society
Table Games
Fitness DVD
4-18-20
p & Walk DVD
Wake Up & WALK!
Fitness Friday
Sewing w/Lula
Fellas, Let's Get Fit
Chair Fit
Wooly Women
Table Games
Fitness DVD
4-25-20
p & Walk DVD

Open Daily
9-2PM
Aquatic
Center-See
schedule at
Front Desk, Pool or
Online



**The Pinnacle
Senior Center
is
CLOSED
Until Further Notice**

To participate in Programs & Activities you must complete a Registration Form and Sign a Release of Liability Waiver