

Wrist bands must be worn for class participation

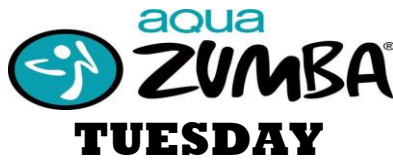
PLEASE SIGN IN DAILY-THANKS!

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



**The PINNACLE
 Aquatic
 Fitness Center
 February 2020**

"Swim Your Heart Out!"
 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**

- 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

Classes close 5 minutes after start  
 Please arrive on time and ready to exercise  
 No Jumping or Diving into the pool

• • REMEMBER • •



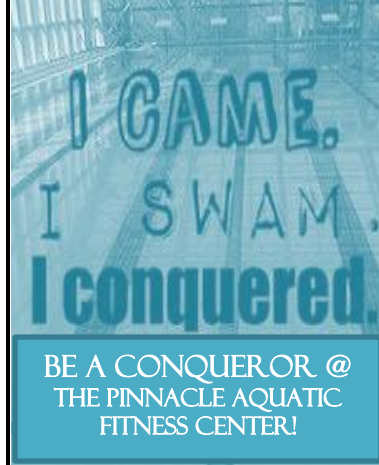
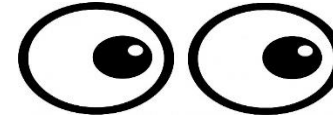
Eat  
 Sleep  
 SWIM



Repeat

Have you been in the pool?!  
 It is a great workout!

Be on the  
**"Lookout"** for  
 new classes  
 this month!



**3) Free Swim  
 9:30-10:30AM**

**Aqua Fit  
 (Cycles &Treadmills)  
 11AM-Noon**

**Free Swim  
 12:30-1:30PM**

**4) Free Swim  
 9:30-10:30AM**

**Aqua Fit  
 (Cycles &Treadmills)  
 11AM-Noon**

**Aqua ZUMBA w/Carla  
 12:30-1:30PM**

**5) Free Swim  
 9:30-10:30AM**

**Aqua Fit  
 (Cycles &Treadmills)  
 11AM-Noon**

**Free Swim  
 12:30-1:30PM**

**6) Free Swim  
 9:30-10:30AM**

**Aqua Fit  
 (Cycles &Treadmills)  
 11AM-Noon**

**Aqua ZUMBA w/Carla  
 12:30-1:30PM**

**7) Free Swim  
 9:30-10:30AM**

**Aqua Fit  
 (Cycles &Treadmills)  
 11AM-Noon**

**Free Swim  
 12:30-1:30PM**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

**10) Free Swim  
9:30-10:30AM**

**Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon**

**Free Swim  
12:30-1:30PM**

**11) Free Swim  
9:30-10:30AM**

**Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon**

**Aqua ZUMBA w/Carla  
12:30-1:30PM**

**12) Free Swim  
9:30-10:30AM**

**Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon**

**Free Swim  
12:30-1:30PM**

**13) Free Swim  
9:30-10:30AM**

**Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon**

**Aqua ZUMBA w/Carla  
12:30-1:30PM**

**♥ 14) Free Swim  
9:30-10:30AM**

**Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon**

**Free Swim  
12:30-1:30PM**

**17) Free Swim  
9:30-10:30AM**

**Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon**

**Free Swim  
12:30-1:30PM**

**18) Free Swim  
9:30-10:30AM**

**Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon**

**Free Swim (No Aqua ZUMBA)  
12:30-1:30PM**

**19) Free Swim  
9:30-10:30AM**

**Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon**

**Free Swim  
12:30-1:30PM**

**20) Free Swim  
9:30-10:30AM**

**Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon**

**Aqua ZUMBA w/Carla  
12:30-1:30PM**

**21) Free Swim  
9:30-10:30AM**

**Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon**

**Free Swim  
12:30-1:30PM**

**24) Free Swim  
9:30-10:30AM**

**Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon**

**Free Swim  
12:30-1:30PM**

**25) Free Swim  
9:30-10:30AM**

**Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon**

**Aqua ZUMBA w/Carla  
12:30-1:30PM**

**26) Free Swim  
9:30-10:30AM**

**Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon**

**Free Swim  
12:30-1:30PM**

**27) Free Swim  
9:30-10:30AM**

**Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon**

**Aqua ZUMBA w/Carla  
12:30-1:30PM**

**28) Free Swim  
9:30-10:30AM**

**Aqua Fit  
(Cycles &Treadmills)  
11AM-Noon**

**Free Swim  
12:30-1:30PM**