

**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**



This is a Temporary Schedule and will change as a result of pool use + addition of instructors



**TUESDAY**

**The PINNACLE Aquatic Fitness Center January 2020**

Happy New Year!  
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 • •



1) Fort Bend County Holiday

The Pinnacle Aquatic Fitness Center will be **CLOSED**

in observance of the New Year's Day Holiday



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

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

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



3) 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

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



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

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

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



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

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

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



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

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

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



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

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

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

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

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

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

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

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

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

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

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

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

**16) 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**

**20) Fort Bend County  
Holiday**

**The Pinnacle Aquatic  
Fitness Center will be  
CLOSED  
in observance of the  
Martin Luther King, Jr.  
Day Holiday**



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

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

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



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

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

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



**23) 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**



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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