

PLEASE SIGN IN DAILY-THANKS!

Reminder!

*To Stay Safe-Disinfect,
Social Distance, Wash Your
Hands, Stay Home &
MASK UP!*



Welcome to
Virtual Pinnacle!
NEW!!! "ZUMBA"
w/Valerie & Chloe
M W F or every day!
Beginner's Line Dance
w/Faye & Sandra
Wed or every day!
Donations accepted by
♥cash app for volunteers♥

The PINNACLE
Senior Center of
Fort Bend County
July 2020
Happy 4th of July! Miss You!

5525-C Hobby Rd. Houston, TX 77053
M-F 7:30am-7:30pm Sat. 8-11am

**3 Mile "Wake Up &
Walk w/Krystal!"**
This class takes the
place of the 8AM
"Wake Up & Walk"
Get those miles in each day!



**When using the
Fitness Trail**
Abide by posted
CDC signs



Wear gloves when using
the outdoor equipment



MONDAY

- 8AM- 3 Mile Wake Up & Walk w/Krystal-**<https://youtu.be/TiPVsg2tXVg>
- 9AM- Fitness-** https://www.youtube.com/watch?v=fDBEJvUQzPs&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=8
- 10AM- Line Dance w/Sheila-** https://www.youtube.com/playlist?list=PL0-G_EGgVxOyXcRYr-tDJtkCZw3POdMwe
- 11AM- ZUMBA w/Valerie & Chloe-** <https://youtu.be/rkiboHCBehU>
- 11AM- Chair Fit-** https://www.youtube.com/watch?v=CvSitwJYqyI&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=3
- 12PM- Yoga- Part 1-** <https://youtu.be/ct7mmXwUSIE> **Part 2-** <https://youtu.be/yGwdbXo1QJY>

TUESDAY

- 8AM- 3 Mile Wake Up & Walk w/Krystal-**<https://youtu.be/TiPVsg2tXVg>
- 9AM- Fitness-** https://www.youtube.com/watch?v=b4DxJkH3v5Y&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=4
- 10AM- Line Dance w/Sheila-** https://www.youtube.com/playlist?list=PL0-G_EGgVxOyXcRYr-tDJtkCZw3POdMwe
Beginner's Line Dance w/Faye & Sandra- https://youtu.be/e0Or272u_ow
- 11AM- Chair Fit-** https://www.youtube.com/watch?v=VB9WRWVukGY&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=1
- 12PM- Yoga- Part 1** <https://youtu.be/ct7mmXwUSIE> **Part 2** <https://youtu.be/yGwdbXo1QJY>

Please call the Pinnacle at 832-471-2765 if you have questions, comments, suggestions, or concerns on how we can better serve you during our closure

MASK UP!



The Pinnacle Aquatic
Fitness Center is CLOSED
Until further notice

Visit us online at:
www.fortbendcountytexas.gov
Under Departments/
Health & Human Services

WEDNESDAY

- 8AM- 3 Mile Wake Up & Walk w/Krystal-** <https://youtu.be/TiPVsg2tXVg>
9AM- Fitness- https://www.youtube.com/watch?v=fDBEJvUQzPs&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=2
10AM- ZUMBA w/Valerie & Chloe- <https://youtu.be/rkiboHCBhU>
11AM- Fitness (Abs)- https://www.youtube.com/watch?v=H0iVzilqARU&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=7
12PM- Beginner's Line Dance w/Faye & Sandra- https://youtu.be/e0Or272u_ow
12PM- Yoga- Part 1 <https://youtu.be/ct7mmXwUSIE> **Part 2** <https://youtu.be/yGwdbXo1QJY>

THURSDAY

- 8AM- 3 Mile Wake Up & Walk w/Krystal-** <https://youtu.be/TiPVsg2tXVg>
9AM- Fitness- https://www.youtube.com/watch?v=fDBEJvUQzPs&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=8
10AM- Line Dance w/Sheila- https://www.youtube.com/playlist?list=PL0-G_EGgVxOyXcRYr-tDJtkCZw3POdMwe
Beginner's Line Dance w/Faye & Sandra- https://youtu.be/e0Or272u_ow
11AM- Chair Fit- https://www.youtube.com/watch?v=CvSjtwJYqyl&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=3
10AM- Functional Fitness-Part 1 https://www.youtube.com/watch?v=ZhDjzkyf7oE&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=5
Part 2- https://www.youtube.com/watch?v=-kAfHX3flwE&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=6
12PM- Yoga- Part 1 <https://youtu.be/ct7mmXwUSIE> **Part 2** <https://youtu.be/yGwdbXo1QJY>

FRIDAY

- 8AM- 3 Mile Wake Up & Walk w/Krystal-** <https://youtu.be/TiPVsg2tXVg>
9AM- Fitness Walk/Stretch- https://www.youtube.com/watch?v=TWfVf_5oxT4&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=9
10AM- Line Dance w/Sheila- https://www.youtube.com/playlist?list=PL0-G_EGgVxOyXcRYr-tDJtkCZw3POdMwe
Beginner's Line Dance w/Faye & Sandra- https://youtu.be/e0Or272u_ow
11AM- Chair Fit- https://www.youtube.com/watch?v=VB9WRWVukGY&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=1
11AM- ZUMBA w/Valerie & Chloe- <https://youtu.be/rkiboHCBhU>
12PM- Yoga- Part 1 <https://youtu.be/ct7mmXwUSIE> **Part 2** <https://youtu.be/yGwdbXo1QJY>

♥♥ Line Dance w/Sheila, Zumba w/Valerie & Line Dance w/Faye accepts donations to their cash app accounts ♥♥