

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 g

.....
 Aqua ZUMBA w/Carla
 Every 1st, 2nd 4th & 5th
 Tuesday &
 Every Thursday
 12:30-1:30PM
 aqua

The PINNACLE
Aquatic Fitness Center
May 2020
 H²O!
 "It's National Water
 Safety Month!"

.....
 You must shower before
 entering the pool
 You must wear
 appropriate swimwear
 and water shoes
 NO bandages or open

Pool Schedule Subject
 to Change
 please call:
 832-471-2765
 ~~~~~  
 Especially inclement

**MONDAY**

- Pool Features
- Size- 75' x 30'
  - Walk ramp, chair makes access accommodating for
  - Male/Female lockers restrooms and
  - Aqua Cycles & Treadmills
  - Water wickets
  - Jog belts & d
- in a variety of res
- Free Swim

- 4) Free Swim  
 9:30-10:30AM  
 Aqua Fit w/  
 (Cycles & Tre  
 11AM-12:30PM  
 Free Swim  
 12:30-1:30PM

**The Pinnacle  
 Aquatic Fitness Center  
 is  
 CLOSED  
 Until Further Notice due to  
 COVID-19 Guidelines**

days  
**WEDNESDAY**  
 Swim  
 9:30AM  
 w/  
 (Cycles & Treadmills)  
 Noon  
 Swim  
 12:30PM  
 Swim  
 9:30AM  
 w/  
 (Cycles & Treadmills)  
 Noon  
 Swim  
 12:30PM



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SATURDAY

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

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

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

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

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

Aqua Fit w/Krystal  
(Cycles & Treadmills)  
11AM

Yoga w/Krystal

Aqua Fit w/Krystal

Yoga w/Krystal

Aqua Fit w/Krystal  
(Cycles & Treadmills)  
11-Noon

Free Swim  
12:30-1:30PM

Swim  
1:30PM

# The Pinnacle Aquatic Fitness Center

is

## CLOSED

### Until Further Notice due to COVID-19 Guidelines

Swim  
10:30AM

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

Aqua Fit  
(Cycles & Treadmills)  
11AM

w/Krystal  
Treadmills)  
11-Noon

Free Swim  
12:30-1:30PM

Swim  
1:30PM

25) Fort Belknap  
Holiday  
The Pinnacle  
Aquatic Fitness Center  
will  
be closed

Swim  
10:30AM

w/Krystal  
Treadmills)  
11-Noon

observance of the  
Memorial Day Holiday

Aqua Zumba w/Carla  
12:30-1:30PM

Free Swim  
12:30-1:30PM

Aqua Zumba w/Carla  
12:30-1:30PM

Free Swim  
12:30-1:30PM

