

PLEASE SIGN IN DAILY-THANKS!

Reminder!

Please follow all COVID-19 Guidelines

*Stay Safe
Stay Home*

*Clean,
Wash
M*

NOTICE!

The Pinnacle Senior & Aquatic Fitness Centers are

CLOSED

The PINNACLE Senior Center of Fort Bend County
May 2020

*Houston Diabetes Resource Center
Diabetes Peer Support Group*

•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*

*th Thursday 6-7pm
pping w/Marvin
y-6-7pm- WalkFit DVD's
7/SATURDAY*

*Wake Up & WALK!
Fitness Friday
ewing w/Lula
et, Smoothie Social
mana Marketplace
las, Let's Get Fit
m-Chair Fit
& Woolly Women
Peak Table Games
-Fitness DVD*

*day 5-2-20
e Up & Walk DVD*

*Wake Up & WALK!
Fitness Friday
wing w/Lula
as, Let's Get Fit
r-Chair Fit
& Woolly Women
m-The Peak
ble Games
-Fitness DVD*

day 5-9-20

8am-Wake Up & Walk DVD

The Pinnacle Senior Center is CLOSED

Until Further Notice due to COVID-19 Guidelines

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Tuesday
11:30 A*



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1pm
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2-6pm-The
5-6pm- Li
6-7pm-Mix*

Walk DVD

6-7pm-Walk DVD ZYDECO

6-7pm-Line Dance w/Bonnila Walk DVD

6-7pm-Two Step w/Marvin/ Walk D

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

**Happy Mother's Day
May 10th**

*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

11) 8am-Wake Up & Walk!
9am-Fitness

12) 8am-Wake Up & WALK!
9am-Strength Training

13) 8am- Wake Up & WALK!
9am- Fitness

14) 8am-Wake Up & WALK!
9am-Functional Fitness

15) 8am- Wake Up & WALK!
9am- Fitness Friday

10am- Line Dance w/Cheryl

9am- Chair Fit

10am- ZUMBATM w/Valerie

9am- Singing w/Lula

11am-
w/V

1pm-
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2-6pm-The P

5-6pm-
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6-7pm-MixedFit

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2-6pm-The P

5-6pm- Line

6-7pm-MixedFit

25) Fort B
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The Pinna
Aquatic Fit
will be
observa
Memorial

12pm-Afternoon Fitness w/Valerie

1-3pm-Bridge

4:30-6pm Diabetes Peer Support

6-7pm-Walk DVD / ZYDECO

12-2pm-Wild & Woolly Wobblers

1pm-Fitness (Ab Workout)

2-6pm-The Peak Table Games

6-7pm-Line Dance w/Bonita/Walk DVD

Table Games

5-6pm-Sign Language
Will resume in the summer

6-7pm-Two Step w/Marvin/ Walk DVD

6-7pm-Fitness DVD

Saturday 5-30-20

8am-Wake Up & Walk DVD

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