



# The Pinnacle Club

## June 2017

“The good life is one inspired by love and guided by knowledge”  
- Bertrand Russell

### Father’s Day Brunch



*Sunday June 18th, 2017 10am-12pm*

Sunday Brunch is the perfect way to celebrate all the amazing father’s out there.

### Zumba Kids



*Friday June 23<sup>rd</sup>, 2017 5pm-6pm*

Helps develop a healthy lifestyle and incorporate fitness as a natural part of children’s lives by making fitness fun.

### Save The Day June 10<sup>th</sup> 2017

#### **Global Wellness Day**

Global Wellness Day is a social movement and it is one that we can all take part in successfully. On one day millions of people from all over the world will come together and focus on the act of living well. Some things you should try focusing on are



### Club Hour

**Monday – Friday**  
6:00am – 12:00pm  
3:30pm – 10:30pm  
**Pool Closes at 10:00pm**  
**Saturday and Sunday**  
9:00am – 10:00pm

#### **Group Fitness Class**

##### **Schedule**

##### **Monday**

Yoga 8:45am

Zumba 7:00 pm

##### **Tuesday**

Toning 7:00pm

##### **Wednesday**

Yoga 7:00pm

##### **Thursday**

Zumba 7:00pm

##### **Sunday**

Tai Chi 10:00am

#### **Club Managers**

Jaime Cruz

Dulce Reyes