



ROSE BOWL AQUATICS CENTER

WATER FITNESS CLASSES:

2021

May Session: May 1st – May 31st 2021 Registration Begins Thursday, April 22nd, 2021

Registration for water fitness classes will open at **10:00am** and remain open until classes are full.
ALL LESSONS ARE 45 MINUTES LONG

Rec. Pool Classes: \$10/class

Aqua Fusion (4) **\$40.00**
Friday, 6:45 PM

Aqua HIIT (5) **\$50.00**
Monday, 6:45 PM

Aqua Super Setting (4) **\$40.00**
Wednesday, 6:45 PM

Aqua Zumba (5) **\$50.00**
Sunday, 8:15 AM

Classic Shallow Water Fitness: T/TH (8) **\$80.00**
Tuesday/Thursday, 6:45 PM

Dynamic Deep Water: M/W (9) **\$90.00**
Monday/Wednesday, 11:30 AM

Dynamic Deep Water: T/TH (8) **\$80.00**
Tuesday/Thursday, 11:30 AM

Dynamic Deep Water: FRI. (4) **\$40.00**
Friday, 11:30 AM

Movin' Water Shallow: TUES./FRI. (8) **\$80.00**
Tuesday/Friday, 6:30 AM

Movin' Water Deep: TUES./FRI. (8) **\$80.00**
Tuesday/Friday, 6:30 AM

Strong Deep Burn: SUN. (5) **\$50.00**
Sunday, 9:30 AM

Strong Water Burn (5) **\$50.00**
Saturday, 7:30 AM

Arthritis Rec. Pool Classes: \$13/class

Arthritis/MS Splash: M/W (9) **\$117.00**
Monday/Wednesday, 10:00 AM

Arthritis/MS Splash: FRI. (4) **\$52.00**
Friday, 10:00 AM

Senior Water Fitness Classes: \$5/class

AM Senior Splash: M/W (9) **\$45.00**
Monday/Wednesday, 8:00 AM

AM Senior Splash: T/TH (8) **\$40.00**
Tuesday/Thursday, 8:00 AM

AM Senior Splash: FRI. (4) **\$20.00**
Friday, 8:00 AM

Therapy Pool Classes: \$13/class

Arthritis: M/W (9) **\$117.00**
Monday/Wednesday, 8:00 AM

To ensure space for everyone, we are asking patrons to limit their class registrations to no more than two different classes per month. When restrictions ease up and classes are added to the schedule, we will revisit allowing additional class registrations.

If you have any questions, or would like to register over the phone, please feel free to call us!

Call Center: (626) 564-0330 Ext. 601

If you register over the phone, you must sign a liability waiver, BEFORE the swimmer enters the water.

Classes that do not meet the minimum participant requirement may be cancelled, combined or rescheduled to another time.

NO REFUNDS! Only account credits are issued for early cancellations.

All dates, times & prices are subject to change

**Price is pro-rated due to a holiday or closure*

Website: www.rosebowlaquatics.org