



# ROSE BOWL AQUATICS CENTER

## WATER FITNESS CLASS OPTIONS:

2025

**Rec. Pool Classes:** (Classes are 55 minutes long)

**Aqua HIIT**  
Monday, 6:35 PM

**Aqua Zumba**  
Sunday, 8:15 AM

**Arthritis/MS Splash: Monday**  
Monday, 10:00 AM

**Arthritis/MS Splash: Wednesday**  
Wednesday, 10:00 AM

**Arthritis/MS Splash: Friday**  
Friday, 10:00 AM

**Classic Shallow Water Fitness**  
Thursday, 6:35 PM

**Dynamic Deep Water: Monday**  
Monday, 11:30 AM, 12:35 PM

**Dynamic Deep Water: Tuesday**  
Tuesday, 11:30 AM

**Dynamic Deep Water: Wednesday**  
Wednesday, 11:30 AM, 12:35 PM

**Dynamic Deep Water: Thursday**  
Thursday, 11:30 AM

**Dynamic Deep Water: Friday**  
Friday, 11:30 AM

**Dynamic Deep Water: Sunday**  
Sunday, 9:30 AM

**Friday Night Whirlpool**  
Friday, 6:35 PM

**Movin' Water Shallow: Tuesday**  
Tuesday, 6:30 AM

**Movin' Water Shallow: Friday**  
Friday, 6:30 AM

**Movin' Water Deep: Tuesday**  
Tuesday, 6:30 AM

**Movin' Water Deep: Friday**  
Friday, 6:30 AM

**Rec. Pool Classes Continued:** (Classes are 55 minutes long)

**Power Waves**  
Wednesday, 6:35 PM

**Shallow Water Move & Groove**  
Tuesday, 6:35 PM

**Strong Water Burn**  
Saturday, 7:30 AM

**Senior Splash Classes:** (Classes are 45 minutes long)

**Senior Splash: Monday**  
Monday, 8:00 AM

**Senior Splash: Tuesday**  
Tuesday, 8:00 AM

**Senior Splash: Wednesday**  
Wednesday, 8:00 AM

**Senior Splash: Thursday**  
Thursday, 8:00 AM

**Senior Splash: Friday**  
Friday, 8:00 AM

**Therapy Pool Classes:** (Classes are 45 minutes long)

**Arthritis: Monday**  
Monday, 8:00 AM, 9:00 AM

**Arthritis: Tuesday**  
Tuesday, 7:10 AM

**Arthritis: Wednesday**  
Wednesday, 8:00 AM, 9:00 AM

**Total Body Sculpting**  
Wednesday, 10:00 AM

**Arthritis: Friday**  
Friday, 8:00 AM, 9:00 AM

**Hustle and Muscle**  
Saturday, 8:00 AM

**Arthritis & Beyond**  
Sunday, 8:10 AM

If you have any questions, please feel free to call us!

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

**NO REFUNDS!** Only account credits are issued for early cancellations or cancelled classes.

**All dates, times & prices are subject to change**

Website: [www.rosebowlaquatics.org](http://www.rosebowlaquatics.org)



# ROSE BOWL AQUATICS CENTER

## WATER FITNESS PRICING OPTIONS:

2025

### **Senior Splash Pricing Options: Available to Patrons 55 Years or Older**

The pricing options below are only valid for Senior Splash Class Options

**Senior Single Session Drop In: \$18**

**Senior Splash Monthly Pass: \$65**

This pass allows you to register for up to 4 classes/week (one class per day), up to 18 classes per month

**Senior Splash Quarterly Pass: \$177**

This pass allows you to register for up to 4 classes/week (one class per day), up to 18 classes per month, for 3 months

**Senior Splash Semi Annual: \$315**

This pass allows you to register for up to 4 classes/week (one class per day), up to 18 classes per month, for 6 months

### **Water Fitness Classes Pricing Options:**

The pricing options below are only valid for Water Fitness Class Options

**Adult (Ages 16-54) Single Session Drop In: \$21**

**Adult (Ages 16-54) Water Fitness Monthly Pass: \$129**

This pass allows you to register for up to 4 classes/week (one class per day), up to 18 classes per month

**Adult (Ages 16-54) Water Fitness Quarterly Pass: \$346**

This pass allows you to register for up to 4 classes/week (one class per day), up to 18 classes per month, for 3 months

**Adult (Ages 16-54) Water Fitness Semi Annual Pass: \$638**

This pass allows you to register for up to 4 classes/week (one class per day), up to 18 classes per month, for 6 months

**Senior (Ages 55 & up) Single Session Drop In: \$18**

**Senior (Ages 55 & up) Water Fitness Monthly Pass: \$115**

This pass allows you to register for up to 4 classes/week (one class per day), up to 18 classes per month

**Senior (Ages 55 & up) Water Fitness Quarterly Pass: \$315**

This pass allows you to register for up to 4 classes/week (one class per day), up to 18 classes per month, for 3 months

**Senior (Ages 55 & up) Water Fitness Semi Annual Pass: \$564**

This pass allows you to register for up to 4 classes/week (one class per day), up to 18 classes per month, for 6 months

### **FAQs**

**1. The new registration platform allows:**

- The flexibility to register for individual classes
- The ability to cancel a class (2 hours before the class start time)
- The option to "Drop In" a class when space is available
- The incentive of receiving discounted classes when passes are purchased versus paying the drop in fee

	Daily	Monthly	Cost Per Class	Quarterly	Cost Per Class	Semi-Annual	Cost Per Class
Adult	\$21	\$129	\$7.16	\$346	\$6.40	\$638	\$5.90
Senior	\$18	\$115	\$6.38	\$315	\$5.83	\$564	\$5.22
Senior Splash	\$18	\$65	\$3.61	\$177	\$3.27	\$315	\$2.91

**2. The Senior Splash passes include a special discount. For that reason, they can only be used towards registering for Senior Splash classes.**

**3. Adult and Senior Water Fitness passes can be used towards classes in the Recreation Pool and the Therapy Pool (excluding the Senior Splash classes)**

**4. Your pass becomes active once you register for your first class, not the date you purchased your pass**