



ROSE BOWL AQUATICS CENTER

WATER FITNESS CLASS OPTIONS:

2026

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

Evening Classes:

- **Aqua HIIT**
Monday, 6:35 PM
- **Shallow Water Move & Groove**
Tuesday, 6:35 PM
- **Power Waves**
Wednesday, 6:35 PM
- **Classic Shallow Water Fitness**
Thursday, 6:35 PM
- **Splash to the Beat**
Friday, 6:35 PM

Deep Water Classes:

- **Arthritis/MS Splash:**
Monday, Wednesday, Friday 10:00 AM
- **Dynamic Deep Water 11:30am:**
Monday-Friday, 11:30 AM
- **Dynamic Deep Water 12:35pm:**
Monday & Wednesday, 12:35 PM
- **Dynamic Deep Water: Sunday**
Sunday, 9:30 AM

Movin' Water Classes:

- **Movin' Water Shallow: Tuesday & Friday**
Tuesday & Friday, 6:30 AM
- **Movin' Water Shallow: Tuesday & Friday**
Friday, 6:30 AM

Weekend Rec. Pool Classes:

- **Strong Water Burn**
Saturday, 7:30 AM
- **Aqua Zumba**
Sunday, 8:15 AM

Senior Splash Classes: (Classes are 45 minutes long)

- **Senior Splash: Monday-Friday**
Monday-Friday Class Begins 8:00 AM

Therapy Pool Classes: (Classes are 45 minutes long)

- **Arthritis: Monday, Wednesday Friday**
Mon., Wed., Fri. 8:00 AM, 9:00 AM
- **Arthritis: Tuesday**
Tuesday, 7:10 AM
- **Total Body Sculpting**
Wednesday, 10:00 AM
- **Hustle and Muscle**
Saturday, 8:00 AM
- **Arthritis & Beyond**
Sunday, 8:10 AM

Private Training Available!

Aquatic Personal Training sessions led by experienced instructors and tailored to individual goals.

Duration: 30 or 60 minutes
Fee \$52 (30min) / \$104 (60min)

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: \$22

Adult (Ages 16-54) Water Fitness Monthly Pass: \$136

Adult (Ages 16-54) Water Fitness Quarterly Pass: \$364

Adult (Ages 16-54) Water Fitness Semi Annual Pass: \$670

Senior (Ages 55 & up) Single Session Drop In: \$19

Senior (Ages 55 & up) Water Fitness Monthly Pass: \$121

Senior (Ages 55 & up) Water Fitness Quarterly Pass: \$331

Senior (Ages 55 & up) Water Fitness Semi Annual Pass: \$593

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

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: \$19

Senior Splash Monthly Pass: \$69

Senior Splash Quarterly Pass: \$186

Senior Splash Semi Annual: \$331

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

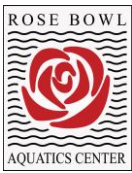
If you have any questions, please feel free to call us!

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



ROSE BOWL AQUATICS CENTER

WELLNESS CLASS OPTIONS AND PRICING:

2026

Wellness Classes with Amanda

8am - 8:50am / PowerCore:

Focuses on strengthening & stabilizing the muscles of the trunk, including the abdominals, back, hips, & pelvis while improving balance & stability.

9am - 9:50am / Functional Fitness:

Focus on strength, endurance, flexibility & range of motion. The goal is to improve overall performance in the activities of daily living.

10am - 10:50am / Mobility & Stretch:

Exercises designed to stretch & lengthen the muscles & help improve full range of motion of the joints.

12pm - 12:50pm / WaterStrong:

Strength training with the combination of aqua equipment & water resistance exercises work to maximize the well-being of the body.

Wellness Classes with Gina

8am - 8:50am / Core I / transition to Core II:

Dynamic spinal stabilization through core strengthening, balance & coordination.

9am - 9:50am / Core II:

Advanced Core stabilization, coordination, & acquiring new skills using specialized equipment.

11am - 11:50am / Infinite Fitness:

Total Body workout to a new high incorporating HIIT (*High Intensity Interval Training rounds of intense exercises followed by 10 seconds recovery periods*).

12pm - 12:50pm / Hip & Knee Strengthening

Focuses on strengthening & stabilizing muscles of the trunk, including abdominals, glutes, hips & knees.

Pricing:

- Wellness Sessions are bought monthly. The fee is based on the number of Tuesdays and Thursdays in the month. It's \$22 for adults and \$19 for seniors. We multiply this by the number of Tuesdays and Thursdays in the session.

To Register:

- Create RBAC Mindbody Account
- Email: wkendall@rosebowlaquatics.org and include the Name & Time of Wellness Class.
- Class registration operates on a first-come, first-serve basis
- Please indicate preferred payment method: if there is credit card on file, please confirm if we may use it. Otherwise, we can assist you with the transaction over the phone.
- Once your email and payment are received, a confirmation of your reservation will be sent via email.

Important Information

It is important to note that we do not offer the option to purchase individual or weekly sessions. Should you be unable to attend a scheduled session, kindly understand that we do not provide refunds or credit for missed classes, and make-up session are not available.

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