



ROSE BOWL AQUATICS CENTER

WELLNESS CLASS OPTIONS AND PRICING:

2024

The Wellness Classes have been developed to offer small therapeutic group experiences in the Therapy Pool. The water's therapeutic temperature provides the ideal environment for maintaining flexibility, strength and endurance. The water's buoyancy helps protect joint damage associated with impact and the water's viscosity provides a unique resistance that you can easily adjust to suit your fitness level. By engaging in targeted functional strength training, you'll unlock the full potential of the aquatic environment's unique resistance, amplified further with specialized equipment.

Wellness Classes: **Tuesdays and Thursdays / 50 minutes long** (Description of classes is on 2nd page)

- **8am Core**
- **8am Core II**
- **9am Core II**
- **9am Functional Fitness**
- **9am Core II**
- **10am Mobility & Stretch**
- **11am Core II**
- **12pm Strength & Toning**
- **12pm Infinite Fitness**

Pricing:

Wellness Sessions are bought monthly. The fee is based on the number of Tuesdays and Thursdays in the month. It's \$20 for adults and \$17 for seniors. We multiply this by the number of

To Register:

- Email: wkendall@rosebowlaquatics.org
- Class registration operates on a first-come, first-serve basis
- Include the Name & Time of Wellness Class
- Please indicate your preferred payment method: If you have a credit card on file, please confirm if we may use it. Otherwise, we can assist you with the transaction over the phone.
- Once we receive your email and payment, a confirmation of your reservation will be sent to you via email
- By registering, you will reserve your place in the class of choice for the specified Tuesdays and Thursdays during the given month.

Important Information

It's 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.

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



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WELLNESS CLASS DESCRIPTIONS:

2024

Wellness Classes with Amanda

8am - 8:50am / Core:

This class focuses on strengthening and stabilizing the muscles of the trunk, including the abdominals, back, hips, and pelvis. These muscles are essential for maintaining good posture, balance, and movement quality, as well as preventing injuries and pain.

9am - 9:50am / Functional Fitness:

The exercises in this **Dynamic Movement, Endurance, Strengthening & Balance** class is designed to help prepare your body for daily tasks. Through boosting endurance, you will strengthen the muscles that are used every day at home, work, & extra-curricular activities.

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

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

12pm - 12:50pm / Strength & Toning:

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 II:

Emphasizing core advanced stabilization, coordination, and performance enhancement in leisure activities and training for acquiring new skills using more specialized therapeutic equipment. Prior experience with "Core I" is recommended, but not mandatory.

9am - 9:50am / Core II:

Emphasizing core advanced stabilization, coordination, and performance enhancement in leisure activities and training for acquiring new skills using more specialized therapeutic equipment. Prior experience with "Core I" is recommended, but not mandatory. **9am Core II class will begin in the Deep Water**

11am - 11:50am / Core II:

Emphasizing core advanced stabilization, coordination, and performance enhancement in leisure activities and training for acquiring new skills using more specialized therapeutic equipment. Prior experience with "Core I" is recommended, but not mandatory.

12pm - 12:50pm / Infinite Fitness:

An aquatic strength training class designed to maximize the power of water resistance while harnessing the benefits of therapeutic equipment to elevate your workout to new heights. Through targeted functional strength training and incorporating HIIT (High Intensity Interval Training) in the water, participants experience the unique resistance offered by the aquatic environment. This class aims to enhance muscle strength, balance and posture.

Prior experience with "wellness classes" is recommended, but not mandatory.

(HIIT - High Intensity Interval Training / Rounds of intense exercise followed with low intensity recovery periods.)