



# ROSE BOWL AQUATICS CENTER

## WELLNESS CLASS OPTIONS AND PRICING:

2026

In the Therapy Pool, our Wellness Classes offer a small, therapeutic group experience designed to support a purposeful and revitalizing fitness journey. The warm water promotes flexibility, strength, and endurance while reducing joint impact. With the natural resistance of water and the use of specialized equipment, you can enhance functional strength training and tailor the intensity to your fitness level. Experience the benefits of water-based training in a supportive and engaging setting!

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

- **8am PowerCore**
- **8am Core I - transition to Core II**
- **9am Core II**
- **9am Functional Fitness**
- **10am Mobility & Stretch**
- **11am Infinite Fitness Core**
- **12pm WaterStrong**
- **12pm Core II - Lower Body Strength**

### **Pricing:**

Wellness Sessions are bought monthly. When you register, you're signing up for the same class on both days for the entire month. The fee is based on the number of Tuesdays and Thursdays in the month. It is \$22 for adults and \$19 for seniors. We multiply this by the number of Tuesdays and Thursdays in the session.

### **Why Choose our Wellness Classes?**

- Small, supportive group sessions with expert guidance.
- Joint-friendly functional strength training with water resistance and specialized equipment.
- Adjustable intensity to match your fitness level.
- Enhance core stability, strength, balance and coordination.
- Heated (91degrees) outdoor therapy pool (35'X45') for year-round use.
- Build strength, confidence, and control over your health.

### **To Register:**

- Email: [wkendall@rosebowlaquatics.org](mailto: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



# ROSE BOWL AQUATICS CENTER

## WELLNESS CLASS DESCRIPTIONS:

2025

### Wellness Classes and Descriptions

#### **8am - 8:50am: PowerCore:**

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.

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

Dynamic spinal stabilization through core strengthening, balance and coordination.

#### **9am - 9:50am / Core II:**

Advanced core stabilization, coordination, and acquiring new skills using specialized equipment.

#### **9am – 9:50am / Functional Fitness**

Focus on strength, endurance, flexibility and 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 and lengthen the muscles and help improve full range of motion of the joints.

#### **11am - 11:50am / Infinite Fitness:**

An aquatic strength training class designed to maximize the power of water resistance Total body workout to a new high, incorporating HITT (High Intensity Interval Training rounds of intense exercises followed by 10 seconds of recovery periods.)

#### **12pm - 12:50pm / Core II - Lower Body Strength**

Focus on strengthening and stabilizing muscles of the trunk, including abdominals, glutes, hips and knees.

#### **12pm - 12:50pm / WaterStrong:**

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

#### **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.

**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)**