



# ROSE BOWL AQUATICS CENTER

## WATER FITNESS CLASSES:

2021

**August Session: August 1<sup>st</sup> – August 31<sup>st</sup> 2021 Registration Begins Thursday, July 29<sup>th</sup>, 2021**

Registration for water fitness classes will open at **10:00am** and remain open until classes are full.  
**ALL CLASSES ARE 55 MINUTES LONG UNLESS OTHERWISE SPECIFIED**

### Rec. Pool Classes: \$10/class

Aqua Fusion (4) \$40.00  
Friday, 6:35 PM

Aqua HIIT (5) \$50.00  
Monday, 6:35 PM

Aqua Super Setting (4) \$40.00  
Wednesday, 6:35 PM

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

Classic Shallow Water Fitness (4) \$40.00  
Thursday, 6:35 PM

Dynamic Deep Water: Monday (5) \$50.00  
Monday, 11:30 AM, 12:35 PM

Dynamic Deep Water: Tuesday (5) \$50.00  
Tuesday, 11:30 AM

Dynamic Deep Water: Wednesday (4) \$40.00  
Wednesday, 11:30 AM, 12:35 PM

Dynamic Deep Water: Thursday (4) \$40.00  
Thursday, 11:30 AM

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

Movin' Water Shallow: Tuesday. (5) \$50.00  
Tuesday, 6:30 AM

Movin' Water Shallow: Friday (4) \$40.00  
Friday, 6:30 AM

Movin' Water Deep: Tuesday (5) \$50.00  
Tuesday, 6:30 AM

Movin' Water Deep: Friday (4) \$40.00  
Friday, 6:30 AM

Shallow Water Move & Groove (5) \$50.00  
Tuesday, 6:35 PM

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

Strong Water Burn (2) \*\$20.00  
Saturday, 7:30 AM

\*No Class on 8/7 & 8/28 – Pasadena Triathlon & UCLA Game

### Arthritis Rec. Pool Classes: \$13/class

Arthritis/MS Splash: Monday (5) \$65.00  
Monday, 10:00 AM

Arthritis/MS Splash: Wednesday (4) \$52.00  
Wednesday, 10:00 AM

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

### Senior Water Fitness Classes: \$5/class (Classes are 45 minutes long)

AM Senior Splash: Monday (5) \$25.00  
Monday, 8:00 AM

AM Senior Splash: Tuesday (5) \$25.00  
Tuesday, 8:00 AM

AM Senior Splash: Wednesday (4) \$20.00  
Wednesday, 8:00 AM

AM Senior Splash: Thursday (4) \$20.00  
Thursday, 8:00 AM

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

### Therapy Pool Classes: \$13/class (Classes are 45 minutes long)

Arthritis: Monday (5) \$65.00  
Monday, 8:00 AM, 9:00 AM

Arthritis: Wednesday (4) \$52.00  
Wednesday, 8:00 AM, 9:00 AM

Arthritis: Friday (4) \$52.00  
Friday, 8:00 AM, 9:00 AM

Hustle and Muscle (2) \*\$26.00  
Saturday, 8:00 AM

\*No Class on 8/7 & 8/28 – Pasadena Triathlon & UCLA Game

### ANNOUNCEMENTS:

Check Out our New Class on Saturdays in the Therapy Pool!

No Classes: Saturday 8/7 Pasadena Triathlon  
No Classes: Saturday 8/28 UCLA Game

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