



# ROSE BOWL AQUATICS CENTER

## WATER FITNESS CLASSES:

2021

July Session: July 1<sup>st</sup> – July 31<sup>st</sup> 2021 Registration Begins Thursday, June 24<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 (5) \$50.00  
Friday, 6:35 PM

Aqua HIIT (4) \$40.00  
Monday, 6:35 PM

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

Aqua Zumba (3) \*\$30.00  
Sunday, 8:15 AM

*\*Center Closed: Sunday, July 4<sup>th</sup>*

Classic Shallow Water Fitness (5) \$50.00  
Thursday, 6:35 PM

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

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

Dynamic Deep Water: T/TH (9) \$90.00  
Tuesday/Thursday, 11:30 AM

Dynamic Deep Water: FRI. (5) \$50.00  
Friday, 11:30 AM

Movin' Water Shallow: TUES./FRI. (9) \$90.00  
Tuesday/Friday, 6:30 AM

Movin' Water Deep: TUES./FRI. (9) \$90.00  
Tuesday/Friday, 6:30 AM

Shallow Water Move & Groove (4) \$40.00  
Tuesday, 6:35 PM

Strong Deep Burn: SUN. (3) \*\$30.00  
Sunday, 9:30 AM

*\*Center Closed: Sunday, July 4<sup>th</sup>*

Strong Water Burn (5) \$50.00  
Saturday, 7:30 AM

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

Arthritis/MS Splash: M/W (8) \$104.00  
Monday/Wednesday, 10:00 AM

Arthritis/MS Splash: FRI. (5) \$65.00  
Friday, 10:00 AM

### Senior Water Fitness Classes: \$5/class

*\*Senior Water Fitness Classes are 45 minutes long\**

AM Senior Splash: Mon. (4) \$20.00  
Monday, 8:00 AM

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

AM Senior Splash: T/TH (9) \$45.00  
Tuesday/Thursday, 8:00 AM

AM Senior Splash: FRI. (5) \$25.00  
Friday, 8:00 AM

### Therapy Pool Classes: \$13/class

*\*The Arthritis Class is 45 minutes long\**

Arthritis: M/W (8) \$104.00  
Monday/Wednesday, 8:00 AM

### SPECIALTY CLASS ADDITIONS:

**Saturday, July 3<sup>rd</sup> with Tracy Moroney  
Recreational Pool – Shallow End**

**“Stretch and Sculpt”**  
9:00 AM – 9:55 AM  
Fee: \$10

**“AcquaPole”**  
10:30 AM – 11:30 AM  
Fee: \$13

*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)*