



ROSE BOWL AQUATICS CENTER

WATER FITNESS CLASS OPTIONS:

2022

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

Aqua Fusion

Friday, 6:35 PM

Aqua HIIT

Monday, 6:35 PM

Aqua Super Setting

Wednesday, 6:35 PM

Aqua Zumba

Sunday, 8:15 AM

Classic Shallow Water Fitness

Thursday, 6:35 PM

Dynamic Deep Water: Monday

Monday, 11:30 AM, 12:35 PM

Dynamic Deep Water: Tuesday

Tuesday, 11:30 AM

Dynamic Deep Water: Wednesday

Wednesday, 11:30 AM, 12:35 PM

Dynamic Deep Water: Thursday

Thursday, 11:30 AM

Dynamic Deep Water: Friday

Friday, 11:30 AM

Movin' Water Shallow: Tuesday

Tuesday, 6:30 AM

Movin' Water Shallow: Friday

Friday, 6:30 AM

Movin' Water Deep: Tuesday

Tuesday, 6:30 AM

Movin' Water Deep: Friday

Friday, 6:30 AM

Shallow Water Move & Groove

Tuesday, 6:35 PM

Strong Deep Burn

Sunday, 9:30 AM

Strong Water Burn

Saturday, 7:30 AM

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

Arthritis/MS Splash: Monday

Monday, 10:00 AM

Arthritis/MS Splash: Wednesday

Wednesday, 10:00 AM

Arthritis/MS Splash: Friday

Friday, 10:00 AM

Senior Splash Classes: (Classes are 45 minutes long)

Senior Splash: Monday

Monday, 8:00 AM

Senior Splash: Tuesday

Tuesday, 8:00 AM

Senior Splash: Wednesday

Wednesday, 8:00 AM

Senior Splash: Thursday

Thursday, 8:00 AM

Senior Splash: Friday

Friday, 8:00 AM

Therapy Pool Classes: (Classes are 45 minutes long)

Arthritis: Monday

Monday, 8:00 AM, 9:00 AM

Arthritis: Tuesday

Tuesday, 7:10 AM

Arthritis: Wednesday

Wednesday, 8:00 AM, 9:00 AM

Total Body Sculpting

Wednesday, 10:00 AM

Arthritis: Friday

Friday, 8:00 AM, 9:00 AM

Hustle and Muscle

Saturday, 8:00 AM

Arthritis & Beyond

Sunday, 8:10 AM

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