



ROSE BOWL AQUATICS CENTER

WATER FITNESS CLASS OPTIONS:

2021

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: Wednesday

Wednesday, 8:00 AM, 9:00 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



ROSE BOWL AQUATICS CENTER

WATER FITNESS PRICING OPTIONS:

2021

Senior Splash Pricing Options: Available to Patrons 55 Years or Older

The pricing options below are only valid for Senior Splash Class Options

Senior Single Session Drop In: \$12

Senior Splash Monthly Pass: \$50

This pass allows you to register for up to 4 classes/week, up to 18 classes per month

Senior Splash Quarterly Pass: \$140

This pass allows you to register for up to 4 classes/week, up to 18 classes per month, for 3 months

Senior Splash Semi Annual: \$250

This pass allows you to register for up to 4 classes/week, up to 18 classes per month, for 6 months

Water Fitness Classes Pricing Options:

The pricing options below are only valid for Water Fitness Class Options

Adult (Ages 16-54) Single Session Drop In: \$15

Adult (Ages 16-54) Water Fitness Monthly Pass: \$100

This pass allows you to register for up to 4 classes/week, up to 18 classes per month

Adult (Ages 16-54) Water Fitness Quarterly Pass: \$270

This pass allows you to register for up to 4 classes/week, up to 18 classes per month, for 3 months

Adult (Ages 16-54) Water Fitness Semi Annual Pass: \$500

This pass allows you to register for up to 4 classes/week, up to 18 classes per month, for 6 months

Senior (Ages 55 & up) Single Session Drop In: \$12

Senior (Ages 55 & up) Water Fitness Monthly Pass: \$90

This pass allows you to register for up to 4 classes/week, up to 18 classes per month

Senior (Ages 55 & up) Water Fitness Quarterly Pass: \$250

This pass allows you to register for up to 4 classes/week, up to 18 classes per month, for 3 months

Senior (Ages 55 & up) Water Fitness Semi Annual Pass: \$450

This pass allows you to register for up to 4 classes/week, up to 18 classes per month, for 6 months

FAQs

- 1. The new registration platform allows:**
 - The flexibility to register for individual classes
 - The ability to cancel a class (2 hours before the class start time)
 - The option to "Drop In" a class when space is available
 - The incentive of receiving discounted classes when passes are purchased versus paying the drop in fee
- 2. The Senior Splash passes include a special discount. For that reason, they can only be used towards registering for Senior Splash classes.**
- 3. Adult and Senior Water Fitness passes can be used towards classes in the Recreation Pool and the Therapy Pool (excluding the Senior Splash classes)**
- 4. Your pass becomes active once you register for your first class, not the date you purchased your pass**