



Pre-Post Natal Water Fitness at the Rose Bowl Aquatics Center

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This class is perfect for mothers-to-be who are challenged by their changing body and new moms who would like to get back in shape! Mothers-to-be are supported by the buoyancy of the water and flotation belts and can often do exercises that would not be possible on land.

The water decreases the effects of gravity on the body decreasing the stress on joints and muscles. The gentle exercise helps reduce swelling that can be caused by decreased venous return. After giving birth, moms often benefit from the exercises that help to gradually rebuild stamina and restore normal body weight.

Class Schedule

Monday, Wednesday & Friday – 12:30 pm-1:30 pm

Class Fees

One Class - \$10

Monthly - \$60