

Water Aerobics

Water Fitness classes are designed to improve your endurance, and tone muscles while using the buoyancy and resistance of the water.



No baseline fitness level is necessary!

With a combination of shallow and deep water aerobics, this aquatics class is designed to be as vigorous as desired based on your current fitness level and individual goals.

Jenny Ploetz is a highly skilled and experienced exercise instructor with over 10 years aquatics instruction. She has a Masters Degree in Physical Education specializing in Exercise Science. Jenny is an ACSM certified Health & Fitness Specialist with over 20 years group led instruction; USA Age Group Swim Coach; Red Cross certified in water safety, CPR and First Aid.

To Register call Newburgh Sea Creatures (812) 457-3024,
or email: headcoach@swimnsc.com

Classes Information

Days: Tues/ Thurs
Time: 7:15 – 8:00 pm
Location: Castle HS Natatorium
Cost: \$48.00 per session

Session Dates

April 6, 8, 13, 15, 20, 22, 27, 29
May 4, 6, 11, 13, 18, 20, 25, 27

Drop-Ins Welcome!
(\$6.00 per class)

