



Spring 2012 Public Course Schedule

If you have questions about any course or would like more information please contact Jennifer Bodenstein at (717) 221-1309 or email at jgbodens@hacc.edu.

Aquacise						
Join this refreshing and invigorating deep-water exercise to improve muscle tone and cardiovascular fitness. Flotation belts keep you upright with arms and legs free for various movements. Enjoy a full body workout including abdominals. You must be comfortable in deep water.						
Price:	City:	Course #:	Dates:	Days:	Times:	Instructor:
\$85	Harrisburg	72416	1/9/2012 - 2/22/2012	MW	4:45 PM-5:45 PM	Morgan, Kay

Aquacise						
Join this refreshing and invigorating deep-water exercise to improve muscle tone and cardiovascular fitness. Flotation belts keep you upright with arms and legs free for various movements. Enjoy a full body workout including abdominals. You must be comfortable in deep water.						
Price:	City:	Course #:	Dates:	Days:	Times:	Instructor:
\$101	Harrisburg	72417	3/12/2012 - 5/2/2012	MW	4:45 PM-5:45 PM	Morgan, Kay

Anything Goes-Water Exercise						
Think shallow water weight room. Perhaps wave webs, xerings, ultra toners, or buoyancy cuffs. Our goal is to gain strength, tone-up, and HAVE FUN! Water shoes recommended.						
Price:	City:	Course #:	Dates:	Days:	Times:	Instructor:
\$69	Harrisburg	72406	1/13/2012 - 3/2/2012	F	9:00 AM-10:15 AM	Einstein, Fran E.



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Anything Goes-Water Exercise						
Think shallow water weight room. Perhaps wave webs, xerings, ultra toners, or buoyancy cuffs. Our goal is to gain strength, tone-up, and HAVE FUN! Water shoes recommended.						
Price:	City:	Course #:	Dates:	Days:	Times:	Instructor:
\$62	Harrisburg	72407	3/16/2012 - 5/4/2012	F	9:00 AM-10:15 AM	Einstein, Fran E.

Cardio Core Training						
Core training is a priority in this class! Deep water aerobics combined with inner-core training will tone your muscles, develop cardiovascular fitness, and help strengthen lower back and abdominal muscles. You must be comfortable in deep water. Flotation belts are worn during class.						
Price:	City:	Course #:	Dates:	Days:	Times:	Instructor:
\$101	Harrisburg	72411	1/10/2012 - 3/1/2012	TR	10:00 AM-11:00 AM	Einstein, Fran E.

Cardio Core Training						
Core training is a priority in this class! Deep water aerobics combined with inner-core training will tone your muscles, develop cardiovascular fitness, and help strengthen lower back and abdominal muscles. You must be comfortable in deep water. Flotation belts are worn during class.						
Price:	City:	Course #:	Dates:	Days:	Times:	Instructor:
\$96	Harrisburg	72412	3/13/2012 - 5/3/2012	TR	10:00 AM-11:00 AM	Einstein, Fran E.



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Cardio Core Training

Core training is a priority in this class! Deep water aerobics combined with inner-core training will tone your muscles, develop cardiovascular fitness, and help strengthen lower back and abdominal muscles. You must be comfortable in deep water. Flotation belts are worn during class.

Price:	City:	Course #:	Dates:	Days:	Times:	Instructor:
\$69	Harrisburg	72413	5/22/2012 - 6/21/2012	TR	10:00 AM-11:00 AM	Einstein, Fran E.

Deep Hydropower

A challenging deep-water workout using HYDRO-FIT buoyancy and resistance equipment provides maximum enjoyment, sustained physical conditioning, and optimal results. This is an intermediate/advanced level class.

Price:	City:	Course #:	Dates:	Days:	Times:	Instructor:
\$101	Harrisburg	72408	1/10/2012 - 3/1/2012	TR	8:45 AM-9:45 AM	Einstein, Fran E.

Deep Hydropower

A challenging deep-water workout using HYDRO-FIT buoyancy and resistance equipment provides maximum enjoyment, sustained physical conditioning, and optimal results. This is an intermediate/advanced level class.

Price:	City:	Course #:	Dates:	Days:	Times:	Instructor:
\$96	Harrisburg	72409	3/13/2012 - 5/3/2012	TR	8:45 AM-9:45 AM	Einstein, Fran E.



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Deep Hydropower						
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Price:	City:	Course #:	Dates:	Days:	Times:	Instructor:
\$69	Harrisburg	72410	5/22/2012 - 6/21/2012	TR	8:45 AM-9:45 AM	Einstein, Fran E.

Deep Water Power Workout						
Power walking/running and cardio intervals will develop strong inner core strength, muscle balance, and overall well-being in this fast moving deep-water class. You must be comfortable in deep water. Flotation belts worn during class						
Price:	City:	Course #:	Dates:	Days:	Times:	Instructor:
\$76	Harrisburg	72402	1/9/2012 - 2/29/2012	MW	10:15 AM-11:00 AM	Einstein, Fran E.

Deep Water Power Workout						
Power walking/running and cardio intervals will develop strong inner core strength, muscle balance, and overall well-being in this fast moving deep-water class. You must be comfortable in deep water. Flotation belts worn during class						
Price:	City:	Course #:	Dates:	Days:	Times:	Instructor:
\$79	Harrisburg	72404	3/12/2012 - 5/2/2012	MW	10:15 AM-11:00 AM	Einstein, Fran E.



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Deep Water Power Workout						
<p>Power walking/running and cardio intervals will develop strong inner core strength, muscle balance, and overall well-being in this fast moving deep-water class. You must be comfortable in deep water. Flotation belts worn during class</p>						
Price:	City:	Course #:	Dates:	Days:	Times:	Instructor:
\$60	Harrisburg	72405	5/21/2012 - 6/20/2012	MW	10:15 AM-11:00 AM	Einstein, Fran E.

Fluid Fitness						
<p>Walk, jog, and run your way to a fitter, healthier life. This deep-water class includes cardio intervals for heart health and smooth moves for muscle tone. Flotation belts suspend you as you work out in a no- impact environment. You must be comfortable in deep water.</p>						
Price:	City:	Course #:	Dates:	Days:	Times:	Instructor:
\$67	Harrisburg	72414	1/9/2012 - 2/22/2012	MW	5:50 PM-6:35 PM	Morgan, Kay

Fluid Fitness						
<p>Walk, jog, and run your way to a fitter, healthier life. This deep-water class includes cardio intervals for heart health and smooth moves for muscle tone. Flotation belts suspend you as you work out in a no- impact environment. You must be comfortable in deep water.</p>						
Price:	City:	Course #:	Dates:	Days:	Times:	Instructor:
\$79	Harrisburg	72415	3/12/2012 - 5/2/2012	MW	5:50 PM-6:35 PM	Morgan, Kay



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Liquid Dynamics						
Experience a shallow water aerobics class that has a high intensity level, moves that are physically demanding, thus stimulating the cardiovascular system and toning muscles. This class will help regain flexibility AND IS FUN! Swimming ability is not required. Water shoes recommended.						
Price:	City:	Course #:	Dates:	Days:	Times:	Instructor:
\$96	Harrisburg	72373	1/9/2012 - 2/29/2012	MW	9:00 AM-10:00 AM	Einstein, Fran E.

Liquid Dynamics						
Experience a shallow water aerobics class that has a high intensity level, moves that are physically demanding, thus stimulating the cardiovascular system and toning muscles. This class will help regain flexibility AND IS FUN! Swimming ability is not required. Water shoes recommended.						
Price:	City:	Course #:	Dates:	Days:	Times:	Instructor:
\$101	Harrisburg	72374	3/12/2012 - 5/2/2012	MW	9:00 AM-10:00 AM	Einstein, Fran E.

Liquid Dynamics						
Experience a shallow water aerobics class that has a high intensity level, moves that are physically demanding, thus stimulating the cardiovascular system and toning muscles. This class will help regain flexibility AND IS FUN! Swimming ability is not required. Water shoes recommended.						
Price:	City:	Course #:	Dates:	Days:	Times:	Instructor:
\$69	Harrisburg	72375	5/21/2012 - 6/20/2012	MW	9:00 AM-10:00 AM	Einstein, Fran E.



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Aqua Jogger						
Water exercise.						
Price:	City:	Course #:	Dates:	Days:	Times:	Instructor:
\$79	Harrisburg	72371	1/10/2012 - 2/23/2012	TR	5:00 PM-6:00 PM	Lentz, Patricia A.

Aqua Jogger						
Water exercise.						
Price:	City:	Course #:	Dates:	Days:	Times:	Instructor:
\$79	Harrisburg	72372	3/6/2012 - 4/12/2012	TR	5:00 PM-6:00 PM	Lentz, Patricia A.

"Cuff 'em" Deep Water						
Join a deep water weekend class which will add either extra buoyancy or drag resistance to wrists and/or ankles with cuffs designed to add to the benefits of your exercise. Movements are designed to work well with the added resistance. Cardio intervals are offered to attain and maintain fitness levels. Those with no prior water resistance or wish to do exercises without extra equipment are also welcome. You must be comfortable in deep water wearing a flotation belt to free arms and legs for full movement.						
Price:	City:	Course #:	Dates:	Days:	Times:	Instructor:
\$47	Harrisburg	72418	1/14/2012 - 2/18/2012	S	9:00 AM-10:00 AM	Morgan, Kay



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Price:	City:	Course #:	Dates:	Days:	Times:	Instructor:
\$47	Harrisburg	72419	3/17/2012 - 4/28/2012	S	9:00 AM-10:00 AM	Morgan, Kay

Deep Water Weekend						
<p>Join this refreshing and invigorating deepwater exercise to improve muscle tone and cardiovascular fitness. Flotation belts keep you upright with arms and legs free for various movements. Enjoy a full body workout including abdominals. You must be comfortable in deep water.</p>						
Price:	City:	Course #:	Dates:	Days:	Times:	Instructor:
\$47	Harrisburg	72429	1/14/2012 - 2/18/2012	S	10:10 AM-11:10 AM	Morgan, Kay

Deep Water Weekend						
<p>Join this refreshing and invigorating deepwater exercise to improve muscle tone and cardiovascular fitness. Flotation belts keep you upright with arms and legs free for various movements. Enjoy a full body workout including abdominals. You must be comfortable in deep water.</p>						
Price:	City:	Course #:	Dates:	Days:	Times:	Instructor:
\$47	Harrisburg	72430	3/17/2012 - 4/28/2012	S	10:10 AM-11:10 AM	Morgan, Kay