

Community Education – Spring Quarter

Course Title: Barre Fusion

Instructor: Erika Levy

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Course Details

Dates: 9/26 – 12/5 (no class 10/24 and 11/28)

Time: Saturday 10:00am

Location: Columbia Tech Center Campus (18700 SE Mill Plain Blvd.)

Room: 110

Course Description

Barre Fusion blends ballet-inspired movement with the strength and mobility of yoga, Pilates, and functional training for a dynamic, full-body workout. Set to energizing music, this low-impact, high-joy class builds balance, posture, flexibility, and muscular endurance. Using props like light weights, bands, gliders, and balls, you ll challenge your muscles in new ways and leave feeling strong, aligned, and uplifted.

Yoga mats and props are available if needed. Please bring a water bottle to stay hydrated during class.

Learning Outcomes

By the end of this course, students will:

- Build strength and stability through safe, low-impact functional training.
- Improve mobility, flexibility, and body awareness to support daily movement.
- Increase muscular endurance for greater stamina and resilience.
- Leave class feeling uplifted, connected, and confident.

Class Evaluation

- Class evaluations are sent by email.
- If you don t see it right away, check your **junk/spam folder**.

- Evaluations are **anonymous** and come directly from Clark College.
 - If you don't receive one, contact:
 - Email: continuingeducation@clark.edu
 - Phone: 360-992-2939
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Inclement Weather

- If the college closes due to weather, updates will appear at www.clark.edu
 - Community Education may also cancel classes independently if travel is unsafe.
 - If canceled, you will be notified by both phone and email.
 - Please check that your contact information is correct on the class roster.
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More Classes

Looking for more Community Education courses? Visit: www.clark.edu/cce/