

Community Education – Spring Quarter 2026

Course Title: Functional Fitness for Healthy Aging

Instructor: Erika Levy

Email: erikalevy1977@gmail.com



Course Details

Dates: 9/28 – 11/30

Time: Monday 9:00am - 10:00am

Location: Columbia Tech Center Campus, 18700 Mill Plain Blvd. **Room** 110.

Course Description

Build the strength, balance, and mobility you need to stay active and support long-term quality of life. This upbeat, music-driven class focuses on functional fitness—training everyday movement patterns like sitting, standing, reaching, and bending to support longevity. Using chairs for stability and a variety of props (balls, bands, gliders, and weights), you'll move safely and effectively in a supportive environment that fosters connection and community. Each class is designed to leave you feeling confident and strong.

Learning Outcomes

By the end of this course, students will:

- Strengthen major muscle groups with safe, low-impact exercises.
- Improve balance, coordination, and posture for daily activities.
- Practice functional movement patterns to build confidence and independence.
- Increase energy and mobility to keep doing the things they love.

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
-

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.
-

More Classes

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