



Community Education Summer2025

Barre Fusion

Instructor: Erika Levy

E-Mail: barrefusions.com

Location: Columbia Tech Center Campus, Room 110

Course Description:

Barre Fusion combines ballet-inspired movement with the strength and mobility of yoga, Pilates, and functional training for a dynamic, results-driven workout. Set to energizing music, this fast-paced, low-impact class keeps you moving and engaged while improving balance, posture, flexibility, and muscular endurance. Using a variety of props, such as light weights, bands, gliders, and balls, you'll build strength and challenge your muscles in new ways. Perfect for those looking for a fun, challenging workout that will leave you feeling strong, aligned, and uplifted.

Yoga mats and props are provided, but you're welcome to bring your own if you prefer. There's a drinking fountain in the studio, though we recommend bringing a water bottle to stay hydrated throughout the class!

Course Schedule

Dates: 7/12 - 8/16 (no class 7/19)

Day: Saturday

Time: 10:00am - 11:00am

Location: Columbia Tech Center Campus, room 110

Learning Outcomes:

- Improve strength, posture, and muscular endurance through controlled, ballet-inspired movement.
- Enhance flexibility and range of motion with yoga-based stretching.
- Build lower body and core stability to support better alignment, balance, and lower back health.
- Develop functional strength and coordination for improved movement and injury prevention.
- Boost balance by strengthening stabilizing muscles and enhancing mind-body awareness.
- Enjoy a low-impact, high-joy workout that energizes without stressing the joints.
- Foster a sense of community and motivation through music-driven movement.

Selected Bibliography/Resources:

Class Evaluation: Class evaluations are sent by email. Sometimes the email will be delivered to your “junk mail,” but we can assure you it’s from Clark College only. Your responses are completely anonymous. If you do not see your evaluation immediately after class, look in your junk mail and send it to your email address. If you do not receive an evaluation, please email Continuingeducation@clark.edu or call 360.992.2939.

Inclement Weather:

If the College cancels due to icy conditions, you can find this on the college website www.clark.edu. If Community Education concludes that the weather is too hazardous, we may also decide to cancel this class. In that case you will receive both a phone call and email. Make certain that we have your correct contact information by viewing the class roster.

Looking for classes? Visit our Community Education webpage: www.clark.edu/cce/