



Community Education Summer 2025

Chair Yoga Fusion

Instructor: Erika Levy

Website: barrefusions.com

Location: Columbia Tech Center Campus, Room 110

Course Schedule:

Dates: 7/7 - 8/25 (No class 7/21)

Day / Time: Monday, 9:00am - 10:00am

Sessions: 7

Course Description:

Chair Yoga Fusion is a dynamic blend of Chair Yoga, Pilates, low-impact Cardio, and Strength training designed to enhance mobility, balance, and overall well-being. Using chairs and mounted bars for support, this joyful and energizing class welcomes all levels. Expect to improve strength, posture, and flexibility while moving with ease and confidence.

Learning Outcomes:

- Improve mobility and flexibility for ease of movement.
- Build strength to support posture and prevent injury.
- Enhance balance and coordination with chair and bar support.
- Increase core stability for better alignment and control.
- Develop breath awareness to reduce stress and improve relaxation.
- Boost circulation and energy through low-impact movement.
- Reduce stiffness and discomfort for better daily function.
- Foster community while building healthy movement habits.
- Cultivate joy in movement and a deeper mind-body connection.

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/