

Designing Meaningful Movement: The ChoreoStack Fusion Framework

Summer 2025

Date: Saturday, June 21, 2025

Time: 8:30 AM – 3:30 PM

Location: Clark College at Columbia Tech Center
18700 SE Mill Plain Blvd., Vancouver, WA 98683



Instructor

Erika Levy: erikalevy1977@gmail.com

Bio

Erika Levy is a nationally accredited fitness educator, continuing education provider, and tech consultant with a background in sales and marketing as a former SaaS executive. She blends expertise in movement and workflow systems to support fitness professionals and educators and teaches yoga and barre fusions in the Pacific Northwest. For more, visit erikalevy.com.

Description

Designed for fitness professionals, educators, PE teachers, and coaches, the ChoreoStack Fusion Framework course introduces a flexible, modular planning system to design group fitness classes with efficiency and impact. Learn to “stack” movements with intention, streamline your preparation, and deliver purposeful, empowering experiences that resonate with diverse student populations.

Clock Hours

7

Objectives

- Execute the ChoreoStack Fusion Framework to streamline class planning and deliver meaningful movement experiences that uplift diverse participants.
- Identify the key Series used in a Group Fitness Fusion class and apply orientation, muscle engagement, and sequencing strategies to build balanced, effective workouts.
- Demonstrate how to stack and sequence choreography—whether teaching freestyle or music-mapped formats—using ChoreoStack planning tools and templates.
- Leverage music and thematic layering to deepen the mind-body connection and enhance class impact.

Student Expectations

Full-day attendance and participation are required. This includes:

- A 1-hour Group Fitness Fusion Master Class
- A collaborative Group Class Planning Activity, which serves as the workshop assessment

Yoga mats and equipment will be provided, though students are welcome to bring their own mat if preferred.

Printed workshop manuals will be supplied. Participants will receive digital access to all course materials at least 24 hours prior to the workshop.

A ChoreoStack Certificate of Completion will be awarded upon successful completion of the workshop. Eligible participants can also receive:

- NASM: 0.6 CEUs
- AFAA: 6.0 CEUs
- ACE: 0.6 CECs

Completion of the workshop also includes a 6-month complimentary subscription to the Barre Fusions Choreo Library.

Required materials

- Water bottle
- Lunch or snacks
- Change of clothes
- Pen
- Optional: Notebook for additional notes

CHOREOSTACK FUSION FRAMEWORK AGENDA

Time	Activity
8:30am - 8:45am	Meet & Greet, Welcome, Workshop Objectives
8:45am - 9:45am	Introduction to Fusions & The Art of Design
9:45am - 10:00am	Fusion Framework Overview: Requirements, Sequencing
10:00am - 10:15am	Series Overview, Checklist, Guides
10:15am - 10:20am	Teaching Styles: Freestyle vs. Music Mapping and Guideline
10:20am - 10:30am	Break (10 min) + Meet in Fitness Studio
10:30am - 11:30am	Master Class: 60-minute Barre Fusion Class
11:30am - 11:50am	Extended Break / Lunch (20 min) + Meet in Classroom <i>(Food is allowed in classroom if more time is needed to finish)</i>
11:50am - 12:00pm	Class Planning Overview
12:00pm - 12:20pm	Series Planning: Freestyle Method
12:20pm - 12:45pm	Series Planning: Music Mapping Method
12:45pm - 1:00pm	Build a Digital Archive and Monetize Content
1:00pm - 1:30pm	Curating Content, Music, Themes
1:30pm - 1:40pm	Break (10 min) + Meet in Fitness Studio
1:40pm - 2:40pm	Group Activity + Individual Assessment Design a Fusion Part 1: Series Planning
2:40pm - 2:45pm	Break (5 min) + Meet in Fitness Studio
2:45pm - 3:05pm	Group Activity + Individual Assessment Design a Fusion Part 2: Sequencing & Class Outline
3:05 pm - 3:20pm	Tour of Course Materials and Choreo Library
3:20pm - 3:30pm	Instructor Q & A, Survey