

# Community Education – Winter Quarter 2026

**Course Title:** Functional Fitness for Healthy Aging

**Dates:** 1/5/26 - 3/2/26 (No Class 1/19 & 2/16)

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

**Instructor:** Erika Levy

**Email:** erikalevy1977@gmail.com



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## 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.

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## 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.

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## 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](mailto:continuingeducation@clark.edu)
  - Phone: 360-992-2939

## Inclement Weather

- If the college closes due to weather, updates will appear at [www.clark.edu](http://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/](http://www.clark.edu/cce/)