



Community Education Summer 2024

Total Body Reset

Instructor: Heidi Marshall

Course Description:

Join this circuit-based class catering to all fitness levels and all ages. work on balance, core, strength, and cardiovascular training using fitness center machines, TRX, BOSU, hand weights, bands, and stability balls. All ages and fitness levels welcome. Heidi Marshall, Clark Health and Physical Education faculty member will share over 25 years fitness experience.

Learning Outcomes:

- ❖ This class focuses on personal assessments of fitness parameters, exercise techniques, and experiential learning of key concepts of fitness and wellness.
- ❖ Measurements of your goals can be done by daily calculations of cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.
- ❖ Most common outcomes: shedding fat, building muscle, and improving cardiovascular endurance.

Course Schedule # 1

Dates: 07/08 to 08/01 (Mondays & Thursdays)

Hours: 10:00AM – 11:00AM

Location: O'Connell Sports Center, Room 135

Course Schedule # 2

Dates: 08/05 to 08/29 (Mondays & Thursdays)

Hours: 10:00AM – 11:00AM

Location: O'Connell Sports Center, Room 135

Selected Bibliography/Resources:

Some resources to help track measurements of your fitness goals:

Keep a journal, use a fitness tracker or app, take measurements, check your blood pressure, download a fitness tracker on your cell phone.

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/