



## Continuing Education Winter Term 2025

### Yoga/Pilates

**Instructor:** Erika Levy

**Website:** [www.barrefusions.com](http://www.barrefusions.com)

**Location:** Columbia Tech Center Campus, room 110

**Course Description:** Experience the best of both worlds with our Pilates-Yoga Fusion class! This 50-minute medium-intensity workout is perfect for anyone new to Pilates, yoga, or both. The class combines the core-strengthening exercises of Pilates with the flexibility and relaxation techniques of yoga. With modifications available for all fitness levels, you can work at your own pace and comfort.

Please wear comfortable clothing and bring water, your own mat and props if you like, but mats and props are also available to borrow. Join us to improve your flexibility, strength, and overall well-being!

**Schedule:** 1/6/2025 – 3/10/2025 (no class 1/20 & 2/17)

**Days/Times:** Mondays, 9:00am - 10:00am

**Sessions:** 8

**Learning Outcomes:** *As a result of taking this course, students will:*

- *Enhance Core Strength: Develop stronger abdominal and core muscles through targeted Pilates exercises.*
- *Improve Flexibility and Range of Motion: Increase flexibility and range of motion with yoga stretches and poses.*
- *Balance and Stability: Achieve better balance and stability by integrating Pilates and yoga movements.*
- *Focus on Breath Control: Practice mindful breathing techniques essential to both yoga and Pilates.*
- *Perform Precise Movements: Execute precise movements with proper alignment, enhancing body awareness.*
- *Reduce Stress and Promote Relaxation: Experience stress reduction and deeper relaxation through combined yoga and Pilates practices.*
- *Modify Exercises Safely: Adapt exercises to individual fitness levels and needs using props such as yoga blocks, pillows, and chairs.*
- *Strengthen Arms, Legs, and Glutes: Tone and strengthen arms, legs, and glutes with a variety of fusion exercises.*
- *Increase Mind-Body Connection: Develop a stronger connection with your body, fostering mindfulness and overall well-being.*

**Selected Bibliography/Resources:**

*If you have a special interest on a topic we discuss, please ask me for further references.*

**Inclement Weather:**

If the College cancels due to icy conditions you can find this on the college website [www.clark.edu](http://www.clark.edu) ~ If ECD 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.

**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](mailto:continuingeducation@clark.edu).

**Looking for classes? Visit our webpage:** [cce.clark.edu](http://cce.clark.edu)