



**3239 Sunset Boulevard  
West Columbia, SC 29169  
Phone: (803) 791-2113  
Fax: (803) 791-2299**

### **Refund Policy**

NO Refunds will be issued. There is a \$25 Transfer Fee to transfer your paid registration to another course offering; transfer requests must be received within 48 hours before the course begins.

In the event that Health Directions cancels or postpones a course, registered participants will be notified, their registrations will automatically be applied to the next available date, and the Transfer Fee will be waived.

*Check for refund policies specific to YogaFit and TRX courses on their websites.*

### **Course Registration**

Visit [www.yogafit.com](http://www.yogafit.com) to register for YogaFit courses.

Visit [www.trxtraining.com](http://www.trxtraining.com) to register for TRX courses.

Visit [www.lmchealthdirections.com/workshops](http://www.lmchealthdirections.com/workshops) to pay online for Health Directions courses:

- Barbell Foundations Clinic
- Building a Body Sculpting Class
- High Intensity Intervals: Putting Oomph into your Effort
- Kettlebell Clinic
- Kettlebell Clinic 2: Doubles
- Group Fitness Instructor Training
- Apprenticeship Training Programs

Participants must also fill out and send in our Registration Form for Health Directions courses (available at [www.lmchealthdirections.com/workshops](http://www.lmchealthdirections.com/workshops)). Please turn in through one of the following methods:

- **Fax** to (803) 791-2299, attn: Laura Holt
- **Email** to [lbholt@lexhealth.org](mailto:lbholt@lexhealth.org)
- **Mail** to Health Directions, 3239 Sunset Blvd, West Columbia, SC 29169

**Registration deadlines** are the Monday before the course unless otherwise posted. A **confirmation email** will be sent out to all registered participants the Tuesday before the course for which they have registered with final details and information.

*Times subject to change. Please check the confirmation email sent out the week of the course for final course schedule.*