

2017 Instructor Training and Continuing Education Opportunities
Lexington Medical Center - Health Directions

Date(s)	Course name	Time	CECs	Location	Cost	Registration Deadline
March						
3	CPR	9am - 11am	---	HD - West Columbia	\$60	Mon, February 27
18	TRX Suspension Training Course	10:30am - 6:30pm	0.7 ACE, 7.0 HD	HD - West Columbia	---	For cost and reg info, see www.trxtraining.com
April						
1	Barbell Foundations Clinic	9:30am - 5pm	0.7 ACE, 7.0 HD	HD - West Columbia	\$199	Monday, March 27
29	Cycle Reebok Foundation	10am - 4pm	7.5 AFAA, 0.8 ACE, 8 HD	HD - West Columbia	\$155	For cost and reg info, see www.debbiebellenger.com
June						
10	TRX Functional Training Course	10:30am - 6:30pm	0.7 ACE, 7.0 HD	HD - West Columbia	---	For cost and reg info, see www.trxtraining.com
July						
8-9	YogaFit Level 1	8am - 6pm	1.5 ACE, 16.0 HD	HD - West Columbia	---	For cost and reg info, see www.yogafit.com
August						
11	CPR	9am - 11am	---	HD - West Columbia	\$60	Mon, August 7
26	Kettlebell Clinic	10:00am - 4:30pm	ACE 0.5, HD 6.0	HD - West Columbia	\$150	Mon, August 21
27	Kettlebell Clinic 2 - Doubles	10:00am - 4:30pm	ACE 0.5, HD 6.0	HD - West Columbia	\$150	Mon, August 21
September						
23	Cycle Reebok Foundation	10am - 4pm	7.5 AFAA, 0.8 ACE, 8 HD	HD - West Columbia	\$155	For cost and reg info, see www.debbiebellenger.com
October						
20	CPR	9am - 11am	---	HD - West Columbia	\$60	Mon, October 16
21	TRX Group Training Course	10:30am - 6:30pm	0.7 ACE, 7.0 HD	HD - West Columbia	---	For cost and reg info, see www.trxtraining.com
November						
18-19	Anatomy & Alignment	8am - 6pm	1.8 ACE, 18.0 HD	HD - West Columbia	---	For cost and reg info, see www.yogafit.com

Health Directions is the host site for YogaFit, TRX, and Cycle Reebok courses. Any questions specific to registration or course confirmation should be directed to the organization giving the training (YogaFit, TRX, or Debbie Bellenger). Any questions concerning the training facility can be answered by calling (803) 791-2049.

For all Health Directions-designed courses, registration can be completed at www.lmchealthdirections.com, or you can complete a Registration Form (available online) to register through the mail. A confirmation email will be sent to all registered participants the Wednesday before the course for which they have registered with final details on the course. Upon registering online, you should automatically receive a payment confirmation email from our online software. When registering online, please also fill out a Registration Form and mail, email, or fax it to our office. Make sure to include your email address to ensure that you receive the course confirmation information the week of the course. Call (803) 791-2049 with questions.

Mailing Address:

Health Directions
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Phone: (803) 791-2113

Fax: (803) 791-2299