

2018 Instructor Training and Continuing Education Opportunities

Lexington Medical Center - Health Directions

Date(s)	Course name	Time	CECs	Location	Cost	Registration Deadline
February						
10	High Intensity Intervals: Putting Oopmh Into your Effort	9:00am - 12:30pm	ACE 0.4, HD 3.5	HD - West Columbia	\$99	Mon, February 5
24	Kettlebell Clinic	10:00am - 4:30pm	ACE 0.5, HD 6.0	HD - West Columbia	\$150	Mon, February 19
25	Kettlebell Clinic 2 - Doubles	10:00am - 4:30pm	ACE 0.5, HD 6.0	HD - West Columbia	\$150	MonFebruary 19
March						
11	Advance/Interval Cycle	9am - 12pm	2.5 AFAA, 0.3 ACE, 3 HD	HD - West Columbia	---	For cost and reg info, see www.debbiebellenger.com
11	Ball Fitness	1pm - 4m	2.5 AFAA, 0.3 ACE, 3 HD	HD - West Columbia	---	For cost and reg info, see www.debbiebellenger.com
16	CPR	11am - 1pm	---	HD - West Columbia	\$60	Mon, March 12
24	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						
21	YogaFit Prenatal	8am - 6pm	0.8 ACE, 8.0 HD	HD - West Columbia	---	For cost and reg info, see www.yogafit.com
22	YogaFit Seniors	8am - 6pm	0.8 ACE, 8.0 HD	HD - West Columbia	---	For cost and reg info, see www.yogafit.com
May						
5	Barbell Foundations Clinic	9:30am - 5pm	0.7 ACE, 7.0 HD	HD - West Columbia	\$199	Monday, April 30
18	CPR	11am - 1pm	---	HD - West Columbia	\$60	Mon, May 14
June						
23	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						
21-22	YogaFit Anatomy & Alignment	8am - 6pm	1.8 ACE, 18.0 HD	HD - West Columbia	---	For cost and reg info, see www.yogafit.com
August						
12	Cycle Reebok Foundation	12pm - 6pm	7.5 AFAA, 0.8 ACE, 8 HD	HD - West Columbia	---	For cost and reg info, see www.debbiebellenger.com
17	CPR	11am - 1pm	---	HD - West Columbia	\$60	Mon, August 13
25	Kettlebell Clinic	10:00am - 4:30pm	ACE 0.5, HD 6.0	HD - West Columbia	\$150	Mon, August 20
26	Kettlebell Clinic 2 - Doubles	10:00am - 4:30pm	ACE 0.5, HD 6.0	HD - West Columbia	\$150	Mon, August 20
September						
22-23	YogaFit Level One	8am - 6pm	1.5 ACE, 15.0 HD	HD - West Columbia	---	For cost and reg info, see www.yogafit.com
October						
19	CPR	11am - 1pm	---	HD - West Columbia	\$60	Mon, October 15
20	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						
4	Advance/Interval Cycle	9am - 12pm	2.5 AFAA, 0.3 ACE, 3 HD	HD - West Columbia	---	For cost and reg info, see www.debbiebellenger.com
4	Business Management for the Fitness Professional	1pm - 4m	2.5 AFAA, 0.3 ACE, 3 HD	HD - West Columbia	---	For cost and reg info, see www.debbiebellenger.com
17	High Intensity Intervals: Putting Oopmh Into your Effort	9:00am - 12:30pm	ACE 0.4, HD 3.5	HD - West Columbia	\$99	Mon, November 12
December						
1	YogaFit for Personal Trainers	8am - 6pm	0.8 ACE, 8.0 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:

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