

2018 Instructor Training and Continuing Education Opportunities
Lexington Medical Center - Health Directions

Date(s)	Course name	Time	CECs	Location	Cost	Registration Deadline
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
15	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

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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