

2019 Instructor Training and Continuing Education Opportunities						
Lexington Medical Center - Health Directions						
Date(s)	Course name	Time	CECs	Location	Cost	Registration Deadline
<b>May</b>						
4	Kettlebell Clinic	9:30am - 4:00pm	ACE 0.5, HD 6.0	HD - West Columbia	\$150	Mon, April 29
5	Kettlebell Clinic 2 - Doubles	9:30am - 4:00pm	ACE 0.5, HD 6.0	HD - West Columbia	\$150	Mon, April 29
18-19	YogaFit Level Three	8am - 6pm	1.4 ACE, 14.0 HD	HD - West Columbia	---	For cost and reg info, see <a href="http://www.yogafit.com">www.yogafit.com</a>
<b>June</b>						
1	Myofascial Compression Techniques: The Evolution of Foam Rolling	9am - 5pm	0.8 ACE, 8.0 HD	HD - West Columbia	\$60	For cost and reg info, see <a href="http://www.regonline.com/LMchealthdirections">www.regonline.com/LMchealthdirections</a>
<b>July</b>						
26	CPR	11am - 1pm	---	HD - West Columbia	\$60	Mon, July 22
<b>August</b>						
10	YogaFit PreNatal	8am - 6pm	0.8 ACE, 8.0 HD	HD - West Columbia	---	For cost and reg info, see <a href="http://www.yogafit.com">www.yogafit.com</a>
11	YogaFit Seniors	8am - 6pm	0.8 ACE, 8.0 HD	HD - West Columbia	---	For cost and reg info, see <a href="http://www.yogafit.com">www.yogafit.com</a>
24	TRX Functional Training Course	10:30am - 6:30pm	0.7 ACE, 7.0 HD	HD - West Columbia	---	For cost and reg info, see <a href="http://www.trxtraining.com">www.trxtraining.com</a>
<b>September</b>						
7	Kettlebell Clinic	9:30am - 4:00pm	ACE 0.5, HD 6.0	HD - West Columbia	\$150	Mon, September 2
8	Kettlebell Clinic 2 - Doubles	9:30am - 4:00pm	ACE 0.5, HD 6.0	HD - West Columbia	\$150	Mon, September 2
<b>October</b>						
25	CPR	11am - 1pm	---	HD - West Columbia	\$60	Mon, October 21
<b>November</b>						
9-10	YogaFit Level One	8am - 6pm	1.5 ACE, 15.0 HD	HD - West Columbia	---	For cost and reg info, see <a href="http://www.yogafit.com">www.yogafit.com</a>
23	TRX Group Training Course	10:30am - 6:30pm	0.8 ACE, 8.0 HD	HD - West Columbia	---	For cost and reg info, see <a href="http://www.trxtraining.com">www.trxtraining.com</a>
<b>December</b>						
14	TRX Suspension Training Course	10:30am - 6:30pm	0.7 ACE, 7.0 HD	HD - West Columbia	---	For cost and reg info, see <a href="http://www.trxtraining.com">www.trxtraining.com</a>

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](http://www.lmchealthdirections.com), or you can complete a Registration Form (available online) to register

**Mailing Address:**

Health Directions  
3239 Sunset Boulevard  
West Columbia, SC 29169

**Phone:** (803) 791-2113

**Fax:** (803) 791-2299