

2019 Instructor Training and Continuing Education Opportunities
Lexington Medical Center - Health Directions

Date(s)	Course name	Time	CECs	Location	Cost	Registration Deadline
June						
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 www.regonline.com/LMchealthdirections
July						
26	CPR	11am - 1pm	---	HD - West Columbia	\$60	Mon, July 22
August						
10	YogaFit PreNatal	8am - 6pm	0.8 ACE, 8.0 HD	HD - West Columbia	---	For cost and reg info, see www.yogafit.com
11	YogaFit Seniors	8am - 6pm	0.8 ACE, 8.0 HD	HD - West Columbia	---	For cost and reg info, see www.yogafit.com
17	LaBlast® Fitness	9am - 6pm	0.8 ACE, 8.0 HD	HD - West Columbia	---	For cost and reg info, see www.lablastfitness.com
24	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
September						
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
October						
25	CPR	11am - 1pm	---	HD - West Columbia	\$60	Mon, October 21
November						
9-10	YogaFit Level One	8am - 6pm	1.5 ACE, 15.0 HD	HD - West Columbia	---	For cost and reg info, see www.yogafit.com
23	TRX Group Training Course	10:30am - 6:30pm	0.8 ACE, 8.0 HD	HD - West Columbia	---	For cost and reg info, see www.trxtraining.com
December						
14	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

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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Phone: (803) 791-2113

Fax: (803) 791-2299