

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

| Date(s) | Course name | Time | CECs | Location | Cost | Registration Deadline |
|------------------|---|------------------|------------------|--------------------|-------|---|
| 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 |
| 21 | Intervals, Circuits & Boot Camps, oh my! Creating Effective Workouts for Time-Crunched Clients | 10:00am - 2:00pm | ACE 0.4, HD 4.0 | HD - West Columbia | \$99 | Mon, September 16 |
| 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:

Health Directions
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West Columbia, SC 29169

Phone: (803) 791-2113
Fax: (803) 791-2299