

2020 Instructor Training and Continuing Education Opportunities
Lexington Medical Center - Health Directions

Date(s)	Course name	Time	CECs/CEUs	Location	Cost	Registration Deadline
March						
21	TRX Functional Training Course	9:30am - 5:30pm	0.7 ACE, 7.0 HD	HD - West Columbia	---	For cost and reg info, see www.trxtraining.com
27	CPR	11am - 1pm	---	HD - West Columbia	\$60	Mon, March 23
April						
18	Intervals, Circuits & Boot Camps, oh my!	10:00am - 2:00 pm	ACE 0.4, HD 4.0	HD - West Columbia	\$99	Mon, April 13
25-26	YogaFit Level One	8am - 6pm	1.5 ACE, 15.0 HD	HD - West Columbia	---	For cost and reg info, see www.yogafit.com
June						
20-21	YogaFit Level Two	8am - 6pm	1.5 ACE, 15.0 HD	HD - West Columbia	---	For cost and reg info, see www.yogafit.com
26	CPR	11am - 1pm	---	HD - West Columbia	\$60	Mon, June 22
July						
26	CPR	11am - 1pm	---	HD - West Columbia	\$60	Mon, July 22
August						
15	Intervals, Circuits & Boot Camps, oh my!	10:00am - 2:00 pm	ACE 0.4, HD 4.0	HD - West Columbia	\$99	Mon, August 10
September						
19	YogaFit for Athletes	8am - 6pm	0.8 ACE, 8.0 HD	HD - West Columbia	---	For cost and reg info, see www.yogafit.com
20	YogaFit for PT	8am - 6pm	0.8 ACE, 8.0 HD	HD - West Columbia	---	For cost and reg info, see www.yogafit.com
25	CPR	11am - 1pm	---	HD - West Columbia	\$60	Mon, September 21
November						
14-15	YogaFit for Warriors (PTSD)	8am - 6pm	1.5 ACE, 15.0 HD	HD - West Columbia	---	For cost and reg info, see www.yogafit.com

Health Directions is the host site for YogaFit and TRX courses. Any questions specific to registration or course confirmation should be directed to the organization giving the training (YogaFit and TRX). 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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West Columbia, SC 29169

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