

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

Date(s)	Course name	Time	CECs	Location	Cost	Registration Deadline
<b>March</b>						
16	CPR	11am - 1pm	---	HD - West Columbia	\$60	Mon, March 12
24	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>
<b>April</b>						
14	Advance/Interval Cycle	9am - 12pm	2.5 AFAA, 0.3 ACE, 3 HD	HD - West Columbia	---	For cost and reg info, see <a href="http://www.debbiebellenger.com">www.debbiebellenger.com</a>
14	Ball Fitness	1pm - 4m	2.5 AFAA, 0.3 ACE, 3 HD	HD - West Columbia	---	For cost and reg info, see <a href="http://www.debbiebellenger.com">www.debbiebellenger.com</a>
21	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>
22	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>
<b>May</b>						
5	Barbell Foundations Clinic	9:30am - 5pm	0.7 ACE, 7.0 HD	HD - West Columbia	\$199	Monday, April 30
18	CPR	11am - 1pm	---	HD - West Columbia	\$60	Mon, May 14
<b>June</b>						
23	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>July</b>						
21-22	YogaFit Anatomy & Alignment	8am - 6pm	1.8 ACE, 18.0 HD	HD - West Columbia	---	For cost and reg info, see <a href="http://www.yogafit.com">www.yogafit.com</a>
<b>August</b>						
12	Cycle Reebok Foundation	12pm - 6pm	6.0 AFAA, 0.8 ACE, 8 HD	HD - West Columbia	---	For cost and reg info, see <a href="http://www.debbiebellenger.com">www.debbiebellenger.com</a>
17	CPR	11am - 1pm	---	HD - West Columbia	\$60	Mon, August 13
25	Kettlebell Clinic	10:00am - 4:30pm	ACE 0.5, HD 6.0	HD - West Columbia	\$150	Mon, August 20
26	Kettlebell Clinic 2 - Doubles	10:00am - 4:30pm	ACE 0.5, HD 6.0	HD - West Columbia	\$150	Mon, August 20
<b>September</b>						
22-23	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>
<b>October</b>						
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 <a href="http://www.trxtraining.com">www.trxtraining.com</a>
<b>November</b>						
4	Advance/Interval Cycle	9am - 12pm	2.5 AFAA, 0.3 ACE, 3 HD	HD - West Columbia	---	For cost and reg info, see <a href="http://www.debbiebellenger.com">www.debbiebellenger.com</a>
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 <a href="http://www.debbiebellenger.com">www.debbiebellenger.com</a>
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
<b>December</b>						
1	YogaFit for Personal Trainers	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>

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 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

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