



Re-Certify In The Flexercise Method

Flexercise® is a combination of slow moving stretching, strengthening, and martial arts type movements, which focus on core, balance, strength and flexibility, with breathing exercises and meditation. A New Art Form in America!

It's a Body Weight Exercise Program!

Get Trained in the Flexercise Method Today!

Work with or as a:
Exercise Therapist
Group Fitness Instructor
Personal Trainer
Fitness Wellness Coach
Corporate Wellness
Mind, Body Spirit Fitness,
Stress Reduction Specialist
Athletic Injury Prevention

[Re-New Your Certification](#)

Attend a two day training

Workshop:

April 5-6, 2019

*At the PVAMU Northwest
Campus, 9449 Grant Road
Houston, Tx 77070*

Your Cost- \$550.00

Includes the 2 day workshop

Register at Flexercise.net or call

310-989-2339

P.O. Box 1496 Cypress, Tx 77410



Phone: 1-310-989-2339

www.flexercise.net



A Strong Mind, A Strong Body, A Strong Spirit

FLEXERCISE