

## The Flexercise Home Training Package.

Flexercise Home Training Course 250.00

Includes:

- Flexercise DVD
- Flexercise Training Manual
- Flexercise Quizzes
- Sample Final Exam

After completion of the home study program enroll in a one or two day training course. The one day course is designed for those who know the program and are prepared to take the Practicum. The Two day workshop is for those who need help learning the program and desires a more intense personal training experience. The Practicum of a successful teach back is given at the completion of each workshop.

<b>Flexercise Two Day Workshop</b>	<b>\$350.00</b>
<b>Flexercise One Day Workshop</b>	<b>\$185.00</b>
<b>Annual Re-Training</b>	<b>\$150.00</b>

It's that simple! Order your home training kit today!

