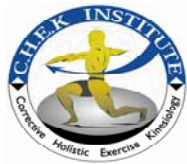


## C.H.E.K Institute Advanced Training Programs 2010 US and Canada

Visit [www.chekinstitute.com](http://www.chekinstitute.com) for full details or call 1.800.552.8789



				Pre-req's due by:	<b>CHEK Exercise Coach:</b>		
Last date to be eligible for:			Final Payment Due By:		Early Bird Price: \$1747 USD (Payment Plans available) Regular Price: \$1947 USD (Payment Plans available) Rush Price: \$2147 USD (Payment Plans available)		
Early Bird	Regular	Rush			DATE	LOCATION	INSTRUCTOR
Jun 1	Aug 1	Aug 2	Aug 18	Aug 1	September 1-5, 2010	Primal Synergy (Inc.) in Toronto, ON, Canada	Yves Ethier
Jun 10	Aug 10	Aug 11	Aug 27	Aug 9	September 10-14, 2010	Natural High Crossfit, Okotoks, AB, Canada	Yves Ethier
Jul 1	Sep 1	Sep 2	Sep 17	Aug 30	October 1-5, 2010	Lifetime Fitness, Austin, TX	Robert Yang
Jul 13	Sept 13	Sep 14	Sep 29	Sep 13	October 13-17, 2010	C.H.E.K Institute, Vista, CA	Janet Alexander Chris Maund
Jul 20	Sep 20	Sep 21	Oct 6	Sep 20	October 20-24, 2010	Le Centre de Performance, Montreal, QC, Canada	Yves Ethier
Aug 17	Oct 17	Oct 18	Nov 3	Oct 17	November 17-21, 2010	Dan Hellman Holistic Health, Fort Lauderdale, FL	Dan Hellman w/ Ashley Mazurek
Sep 1	Nov 1	Nov 2	Nov 17	Nov 1	December 1-5, 2010	The Sports Club / LA, San Francisco, CA	Robert Yang
Sep 9	Nov 9	Nov 10	Nov 25	Nov 8	December 9-13, 2010	Designer Fitness, Gainesville, VA	Dan Hellman

				Pre-req's due by:	<b>C.H.E.K Practitioner Level 1:</b>		
Last date to be eligible for:			Final Payment Due By:		Early Bird Price: \$1997 USD (Payment Plans available) Regular Price: \$2197 USD (Payment Plans available) Rush Price: \$2397 USD (Payment Plans available)		
Early Bird	Regular	Rush			DATE	LOCATION	INSTRUCTOR
Jul 13	Sep 13	Sep 14	Sep 29	Sep 13	October 13-17, 2010	The Sports Club / LA, San Francisco, CA	Mark Stone
Jul 15	Sep 15	Sep 16	Oct 1	Sep 15	October 22-26, 2010	Vancouver, BC, Canada	Josh Rubin
Jul 29	Sep 29	Sep 30	Oct 15	Sep 29	October 29 - November 2, 2010	Progressive Fitness, Charleston, SC	Dan Hellman
Aug 3	Oct 3	Oct 4	Oct 20	Oct 3	November 3-7, 2010	C.H.E.K Institute in Vista, CA	Matt Wallden

Classes are confirmed 30 days prior to start date.

Courses highlighted in Grey are full and a waiting list is being accepted.

Updated: 8/30/2010





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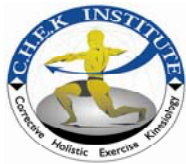
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				Pre-req's due by:	<b>Holistic Lifestyle Coach Level 1:</b> Early Bird Price: \$547 USD (Payment Plans available) Regular Price: \$647 USD (Payment Plans available) Rush Price: \$747 USD (Payment Plans available)		
Last date to be eligible for:			Final Payment Due By:		DATE	LOCATION	INSTRUCTOR
Early Bird	Regular	Rush					
Jul 8	Sep 8	Sep 9	Sep 24	N/A	October 8-10, 2010	Matrix Fitness and Performance, Palm Springs, CA	JP Sears
Jul 15	Sep 15	Sep 16	Oct 1	N/A	October 15-17, 2010	Progressive Fitness, Charleston, SC	JP Sears
Jul 22	Sep 22	Sep 23	Oct 8	N/A	October 22-24, 2010	Hilton San Diego/Del Mar, San Diego, CA	JP Sears
Jul 29	Sep 29	Sep 30	Oct 15	N/A	October 29-31, 2010	Dallas, TX	Josh Rubin
Aug 5	Oct 5	Oct 6	Oct 22	N/A	November 5-7, 2010	Renaissance Toronto Hotel Downtown in Toronto, ON	Emma Lane
Aug 19	Oct 19	Oct 20	Nov 5	N/A	November 19-21, 2010	The Sports Club / LA, San Francisco, CA	JP Sears
Sep 3	Nov 3	Nov 4	Nov 19	N/A	December 3-5, 2010	Arlington, VA	JP Sears

				Pre-req's due by:	<b>Holistic Lifestyle Coach Level 2:</b> Early Bird Price: \$1997 USD (Payment Plans available) Regular Price: \$2197 USD (Payment Plans available) Rush Price: \$2397 USD (Payment Plans available)		
Last date to be eligible for:			Final Payment Due By:		DATE	LOCATION	INSTRUCTOR
Early Bird	Regular	Rush					
Sep 1	Nov 1	Nov 2	Nov 17	Nov 1	December 1-5, 2010	Hilton Del Mar/San Diego, San Diego, CA	Josh Rubin

				Pre-req's due by:	<b>Holistic Lifestyle Coach Level 3:</b> Early Bird Price: \$2387 USD (Payment Plans available) Regular Price: \$2647 USD (Payment Plans available) Rush Price: \$2907 USD (Payment Plans available)		
Last date to be eligible for:			Final Payment Due By:		DATE	LOCATION	INSTRUCTOR
Early Bird	Regular	Rush					
Jul 1	Sep 1	Sep 2	Sep 17	Sept 1	October 1-6, 2010	Hilton Del Mar/San Diego, San Diego, CA	Paul Chek



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Other Seminars		
DATE	LOCATION	INSTRUCTOR
October 29, 2010	Respiration: The Science of Breathing and Movement, Vista, CA	Paul Chek
October 30, 2010	Scientific Balance Training, Vista, CA	Paul Chek

TEAM CHEK		
DATE	EVENT	INSTRUCTOR
August 27-29, 2010	Dallas MANIA	Dan Hellman and Mark Stone
September 23-26, 2010	Inner IDEA, Palm Springs, CA	
October 8-10, 2010	Midwest MANIA	Mark Stone
October 13-16, 2010	NUCCA, Doubletree Buckhead-Atlanta Hotel, GA	Paul Chek
November 9-12, 2010	7th Interdisciplinary World Congress on Low Back and Pelvic Pain, Los Angeles, CA	Paul Chek
November 12-14, 2010	Boston MANIA	
November 10-14, 2010	ECA Thrive, Miami Beach, FL	Mark Stone and Ashley Mazurek
November 19-21, 2010	Can Fit Pro Vancouver, BC	Mark Stone
November 26-27, 2010	Can Fit Pro St. John's , NL	Mark Stone

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