



Training Most Frequently Asked Questions.

1. **Are you a Franchise or a license?**

- We are a License. We are an educational body that trains instructors to teach our dynamic Mind, Body, Spirit fitness program.

2. **What does it mean to be licensed?**

- To be licensed simply means that a skill has been cultured by a company that has credentials and expertise in the area in which we are teaching. Flexercise, Inc. has developed a new dynamic program for trainers to learn how to teach a new “Art Form” in America, called “Flexercise”

3. **Do I need to be fitness certified before I take the Flexercise for Kids Certification Course?**

- No. You do not need to be fitness certified before taking our training course. We do suggest that you get certified in as many different fitness certifications as possible so you can provide parents and teachers with solid fitness information with confidence.

4. **Where are the Certification Training Weekends held?**

- They are held in Los Angeles California, and Houston, Texas. You will have an opportunity to get to talk to our current instructors, teach a class, and get to feel what it is like teach an organized system of fitness. When you leave the weekend certification workshop, or complete our Home Training Packet, you will be prepared to teach Flexercise.

5. **What does it mean to get licensed as a Flexercise Instructor? Upon ordering your certification program you will receive:**

- The Flexercise Training Manual.
- The Flexercise Marketing Manual
- The Flexercise DVD “Power and Strengthening”
- Professional **Certified Flexercise Instructor** certificate for framing.
- Laminated Certification ID Card.

6. Give me an idea of what the two day course is like? Do I really need this training to get me started?

The Flexercise training seminar is a two-day (14hour) workshop. We provide the practical experience and education necessary to implement the Flexercise program. During the course of training you will explore topics such as, Injury Prevention, Anatomy and Kinesiology, Trophology, and Breathing Techniques.

At the end of the workshop, you will teach back the program and after successful teach back, receive a certificate as a Flexercise Instructor. The student will learn to teach the Flexercise™ Training Method. The Flexercise Training Method is designed for the fitness professional who wants to add a new skill to his or her portfolio. The Flexercise Training System will focus on Mind, Body, and Spirit fitness. Flexercise consist of martial arts type movements, strengthening exercises, flexibility, core, breathing exercises, and an optional weight-training component.

The Flexercise training method can be used as a sixty minute group fitness class, or for personal training.

7. What happens after the certification expires? Is there a renewal fee?

- Yes, there is a \$250.00 annual renewal fee.

8. What if I have my own staff of instructors that I want licensed, is there a discount or group rate?

A. We will train and **license** your facility to use the Flexercise **Logo and Name** for an annual fee of **\$2500.00 and \$200.00 dollars training fee per instructor.**

9. What about liability insurance?

- We suggest it but it is up to you to protect yourself when working with adults.

10. What if I really need help or have some business questions is there a support system set up for your trainers?

Yes, You can call our toll free 888-746-3539 or go online at www.flexercise.net.

11. Where can I hold my classes?

- Martial Arts Studios, Day Spas, Churches, Health Clubs, Parks, Recreation Centers, Chiropractic Offices, Physical Therapy, Sports, Injury prevention, Corporate Fitness.

12. Do I get to use the trademark, Flexercise to promote my classes?

Yes, call the office for details; however you can use the name Flexercise in literature only. You cannot use the Flexercise name or Logo on banners, posters or signs, or as a part of your business name with out approval from Flexercise, Inc.

Call the office if you are interested in the License of the logo and name of Flexercise for franchise or any other business opportunity.

13. How much should I charge for my classes and when can I get them up and running?

We suggest that you charge a fee range of \$20.00-\$30.00 per hour/class.

14. What is the cost of the Initial Flexercise Certification?

\$350.00 for Two Workshops,
\$250.00 for Home Training Kit
\$150.00 for One Practicum Workshop
\$75.00 for Practicum Video(Home Training)

15. What prerequisites for the training should I have prior to the certification workshop or home training course?

- CPR b. High School Diploma c. 30 units college credit