

ESSETRICS® ACADEMY

LEVEL 3: ESSETRICS® FLEXIBILITY & THERAPEUTIC EXERCISES

ESSETRICS® APPRENTICE TEACHING HOURS FORM: This form verifies that _____ (instructor name) has taught the required teaching hours to complete their Level 3 Essentrics® Certification. The following people have participated in a 1-hour Essentrics® Pre-Choreographed Workout class taught by the aforementioned Certified Level 2 Essentrics® instructor.

	Name of participant	Phone or Email	Signature	Date
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