

TEACHING HOURS FORM: PRE-CHOREOGRAPHED WORKOUT 1

This form verifies that _____ (instructor name) has taught the required Teaching Hours to complete their Level 1 Essentrics Certification. The following people are witnesses to the aforementioned Essentrics apprentice instructor teaching the full 1-hour PCW1.

	Name of participant	Phone or email	Signature (for in-person classes only)	Date	In-person	Virtual (10 max)
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