

TEACHING HOURS FORM: This form verifies that _____ (instructor name) has taught the required 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 (for in-person classes only)	Date	In-person	Virtual (6 max)
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