



✓ 9 weeks of online training

✓ Small groups

✓ 4-day virtual retreat experience with an optional in-person gathering

✓ General group fitness

WHAT YOU'LL LEARN

- Class design for any group fitness modality
- Safety & cueing
- Anatomy & physiology
- Nutrition
- Strength, cardio, flexibility, and mobility
- How to infuse your classes with the Word of God
- Building disciples & community
- Music & choreography
- Fitness drumming
- Kickboxing
- "The Wellness Revelation" book facilitator training



✓ 9 weeks of online training

✓ Small groups

✓ 4-day virtual retreat experience with an optional in-person gathering

✓ Metabolic, athletic conditioning, & functional fitness

WHAT YOU'LL LEARN

- Class design for functional movement in a one-on-one, small group, or larger group setting
- Safety & cueing
- Anatomy & physiology
- Nutrition
- Strength, cardio, flexibility, and mobility
- How to infuse your classes with the Word of God
- How to foster community over competition
- Barbell, kettlebell, bodyweight movements
- "The Wellness Revelation" book facilitator training



✓ 10 weeks of online training

✓ Small groups

✓ 5-night, 6-day all-inclusive backcountry expedition

✓ Outdoor leadership

WHAT YOU'LL LEARN

- Practical, outdoor skills training
- How to apply Biblical teachings to outdoor experiences
- Cutting-edge Biblical outdoor leadership training & development
- Physical training module to prepare for the backcountry expedition
- The nine Biblical principles the wilderness provides
- Hard & soft skills needed to lead others in outdoor adventures



✓ 9 weeks of online training

✓ Small groups

✓ 4-day virtual retreat experience with an optional in-person gathering

✓ Christ-centered health coaching and personal discipleship

WHAT YOU'LL LEARN

- Become a LiveWell Health Coach
- One-on-one coaching
- Small group facilitation
- Foster an atmosphere of physical/spiritual health, safety, & courage within your home & community.
- Facilitate biblical mind-body practices
- Support & enhance your current ministry or workplace with practical skills to develop others