

## FOR AUDIENCES

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Friday, October 16, 2020 - Friday, October 10, 2025

### FLX Instructor Certification Experience

Company: FLX  
Location: Chicago, IL

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Andrew Holtz

This online course covers the fundamentals of FLX Flexibility Training at your own pace. Beyond traditional stretching [because flexibility is not just stretching], you'll learn how to improve performance, align the body and increase your flexibility using a unique tool called the Flexistretcher. This product has been used for years to improve prima ballerinas flexibility!

#### YOU WILL RECEIVE

FLX Instructor Certification - Silver Level  
Flexistretcher (\$59 value)

#### YOU WILL LEARN

How to use the Flexistretcher  
How to identify areas with limited range of motion that restrict peak performance  
How to improve flexibility using FLX stretching and strengthening exercises  
How to teach FLX flexibility classes

FLX  
77 W. Washington St Suite 1100  
Chicago, IL, 60602  
<https://flxathletics.com/pages/register-to-become-a-certified-flx-instructor-online>

Schedule  
October 16, 2020: 8:00pm  
October 23, 2020: 8:00pm  
October 30, 2020: 8:00pm  
November 6, 2020: 8:00pm  
November 13, 2020: 8:00pm  
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