



C.H.E.K Institute Advanced Training Program Schedule - 2012

North America - USA and Canada*

Download registration forms at: <http://www.chekinstitute.com/core>

CHEK Exercise Coach Program

Payment Plans Available *Canadian courses - add HST/GST

Early Bird Special Ends	Final Payment Due	Prereq's Due	CHEK Exercise Coach					ENROLLMENT
			DATE	LOCATION	ADDRESS	INSTRUCTOR		
			Early Bird Tuition: \$1997.00 USD		Regular Tuition: \$2197.00 USD			
Feb 17	May 4	Apr 13	May 18-22, 2012	Dan Hellman Holistic Health - Miami FL Area USA	3020 NE 32nd Avenue, Fort Lauderdale, FL 33308	Dan Hellman	Enrolled / 16 Max	
Mar 9	May 25	May 4	June 8-12, 2012	Life Time Fitness - Greater Denver CO USA Area	9250 Crown Crest Blvd., Parker, CO 80109	Ashley Mazurek	Enrolled / 16 Max	
Apr 19	July 3	June 15	July 18-22, 2012	Peak Performance - Greater New York NY USA Area	54 West 21 Street 8 Floor, New York, NY 10010	Tomi Toles	Enrolled / 16 Max	
May 17	Aug 1	July 13	August 15-19, 2012	The Sports Club/LA - Greater San Francisco CA USA Area	747 Market Street, San Francisco, CA 94103	Joshua Rubin	Enrolled / 16 Max	
May 24	Aug 8	July 20	August 22-26, 2012	The Sports Club/LA - Greater Los Angeles CA USA Area	The Sports Club/LA	Robert Yang	Enrolled / 16 Max	
Jun 22	Sep 7	Aug 17	September 21-25, 2012	Life Time Fitness - Greater Chicago IL USA Area	680 Woodlands Parkway, Vernon Hills, IL 60061	Mark Stone	Enrolled / 16 Max	
Jul 12	Sept 26	Sept 7	October 10-14, 2012	C.H.E.K Institute - Greater San Diego CA USA Area	TBA	Chris Maund and Janet Alexander	Enrolled / 16 Max	
Aug 3	Oct 19	Sept 28	November 2-6, 2012	TBA - Greater Toronto ON Canada Area	TBA	Yves Ethier	Enrolled / 16 Max	

Register for CHEK Exercise Coach online here: <http://tiny.cc/fhptr>

C.H.E.K Practitioner Program

Payment Plans Available *Canadian courses - add HST/GST

Early Bird	Final Payment	Prereq's Due	C.H.E.K Practitioner Level 1					ENROLLMENT
			DATE	LOCATION	ADDRESS	INSTRUCTOR		
			Early Bird Tuition: \$2047.00 USD		Regular Tuition: \$2197.00 USD			
Feb 16	May 2	Apr 13	May 16-20, 2012	Life Time Fitness - Greater Chicago IL USA Area	680 Woodlands Parkway, Vernon Hills, IL 60061	Karen Redmond	Enrolled / 16 Max	
Mar 2	May 18	May 1	June 1-5, 2012	The Sports Club/LA - Greater San Francisco CA USA Area	747 Market Street, San Francisco, CA 94103	Janet Alexander	Enrolled / 16 Max	
Jun 15	Aug 31	Aug 10	September 14-18, 2012	Dan Hellman Holistic Health - Miami FL Area USA	3020 NE 32nd Avenue, Fort Lauderdale, FL 33308	Dan Hellman	Enrolled / 16 Max	
July 19	Oct 3	Sept 14	October 17-21, 2012	C.H.E.K Institute - Greater San Diego CA USA Area	TBA	Chris Maund and Janet Alexander	Enrolled / 16 Max	
Aug 16	Oct 31	Oct 15	November 14-18, 2012	Peak Performance - Greater New York NY USA Area	54 West 21 Street 8 Floor, New York, NY 10010	Dan Hellman	Enrolled / 16 Max	

For more information please contact:

2105 Industrial Court, Vista CA 92081

ph: 760.477.2620 or 800.552.8789 • fax: 760.477.2630

events@chekinstitute.com • www.chekinstitute.com

Classes are confirmed 30 days prior to start date. Do not make travel arrangements until that time.

Updated: 5/4/12



C.H.E.K Practitioner Level 2							
Early Bird	Final Payment	Prereq's Due	Early Bird Tuition: \$2047.00 USD		Regular Tuition: \$2197.00 USD		ENROLLMENT
			DATE	LOCATION	ADDRESS	INSTRUCTOR	
Feb 2	Apr 18	Mar 30	May 2-6, 2012	C.H.E.K Institute - Greater San Diego CA USA Area	2105 Industrial Court, Vista, CA 92081	Chris Maund and Janet Alexander with Jon Bowskill	Enrolled / 16 Max
Jun 21	Sept 5	Aug 17	September 19-23, 2012	Dan Hellman Holistic Health - Miami FL Area USA	3020 NE 32nd Avenue, Fort Lauderdale, FL 33308	Dan Hellman	Enrolled / 16 Max
Aug 3	Oct 19	Sept 28	November 2-6, 2012	C.H.E.K Institute - Greater San Diego CA USA Area	TBA	Chris Maund and Janet Alexander	Enrolled / 16 Max
Aug 16	Oct 31	Oct 12	November 14-18, 2012	TBA - Greater Toronto ON CAN Area	TBA	Karen Redmond	Enrolled / 16 Max
C.H.E.K Practitioner Level 3							
Early Bird	Final Payment	Prereq's Due	Early Bird Tuition: \$3497.00 USD		Regular Tuition: \$3647.00 USD		ENROLLMENT
			DATE	LOCATION	ADDRESS	INSTRUCTOR	
May 18	Aug 3	July 18	August 17-25, 2012	C.H.E.K Institute - Greater San Diego CA USA Area	TBA	Suzi Nevell	Enrolled / 16 Max
C.H.E.K Practitioner Level 4 + Testing							
Early Bird	Final Payment	Prereq's Due	Early Bird Tuition: \$3797.00 USD		Regular Tuition: \$3947.00 USD		ENROLLMENT
			DATE	LOCATION	ADDRESS	INSTRUCTOR	
Apr 13	June 28	June 12	July 12-20, 2012	C.H.E.K Institute - Greater San Diego CA USA Area	2105 Industrial Court, Vista, CA 92081	Paul Chek	Enrolled / 16 Max
CHEK Golf Performance Series: Whole In One Golf Conditioning							
Early Bird	Final Payment	Prereq's Due	Early Bird Tuition: \$997.00 USD		Regular Tuition: \$1197.00 USD		ENROLLMENT
			DATE	LOCATION	ADDRESS	INSTRUCTOR	
Jan 28	Apr 13	N/A	April 27-29, 2012	C.H.E.K Institute - Greater San Diego CA USA Area	2105 Industrial Court, Vista, CA 92081	Janet Alexander with Jon Bowskill	Enrolled / 32 Max
Apr 20	July 6	N/A	July 20-22, 2012	Dan Hellman Holistic Health - Miami FL Area USA	3020 NE 32nd Avenue, Fort Lauderdale, FL 33308	Dan Hellman	Enrolled / 32 Max
		N/A	TBD	Toronto, ON, Canada	TBD	TBD	
Aug 11	Oct 26	N/A	November 9-11, 2012	The Sports Club/LA - Greater San Francisco CA USA Area	747 Market Street, San Francisco, CA 94103	Janet Alexander	Enrolled / 30 Max

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CHEK Holistic Lifestyle Coach Program
 Payment Plans Available *Canadian courses - add HST/GST

Early Bird	Final Payment	Prereq's Due	CHEK Holistic Lifestyle Coach Level 1					ENROLLMENT
			DATE	LOCATION	ADDRESS	INSTRUCTOR		
			Early Bird Tuition: \$647.00 USD		Regular Tuition: \$697.00 USD			
Mar 2	May 18	N/A	June 1-3, 2012	Residence Inn by Marriott Time Square - Greater New York NY USA Area	1033 Avenue of the Americas, New York, NY 10018	JP Sears	Enrolled / 50 Max	
Jun 29	Sept 14	N/A	September 28-30, 2012	The Sports Club/LA - Greater San Francisco CA USA Area	747 Market Street, San Francisco, CA 94103	JP Sears	Enrolled / 30 Max	
Jul 20	Oct 12	N/A	October 26-28, 2012	Greater San Diego Area, CA USA	Location to be determined	TBD	Enrolled / 100 Max	
Aug 10	Oct 26	N/A	November 9-11, 2012	Best Western Primrose Hotel- Greater Toronto, ON CAN Area	111 Carlton Street, Toronto, ON M5B 2G3	JP Sears	Enrolled / 100 Max	

Register for CHEK Holistic Lifestyle Coach Level 1 online here: <http://tiny.cc/mgv56>

Early Bird	Final Payment	Prereq's Due	CHEK Holistic Lifestyle Coach Level 2					ENROLLMENT
			DATE	LOCATION	ADDRESS	INSTRUCTOR		
			Early Bird Tuition: \$2047.00 USD		Regular Tuition: \$2197.00 USD			
Mar 7	May 22	May 7	June 5-9, 2012	Residence Inn by Marriott Time Square - Greater New York NY USA Area	1033 Avenue of the Americas, New York, NY 10018	Paul Chek	Enrolled / 50 Max	
Aug 30	Nov 14	Oct 29	Nov 28-Dec 2, 2012	Courtyard by Marriott Oceanside - Greater San Diego CA USA Area	3501 Seagate Way, Oceanside, California 92054	Paul Chek	Enrolled / 100 Max	

Early Bird	Final Payment	Prereq's Due	CHEK Holistic Lifestyle Coach Level 3					ENROLLMENT
			DATE	LOCATION	ADDRESS	INSTRUCTOR		
			Early Bird Tuition: \$2497.00 USD		Regular Tuition: \$2647.00 USD			
June 15	Aug 30	Aug 14	September 13-18, 2012	Courtyard by Marriott Oceanside - Greater San Diego CA USA Area	3501 Seagate Way, Oceanside, California 92054	Paul Chek	Enrolled / 100 Max	

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CHEK Monthly Webinar Series

\$24.95 per webinar, or \$19.95 per month with a 12 month subscription

To register visit: <http://www.chekinstitute.com/webinar>

DATE	TOPIC	DESCRIPTION	PRESENTER
March 7th at 12pm PST	The Last 4 Doctors You Will Ever Need	Paul will show that by following four wisdoms or "Doctors" you can create a truly holistic, yet easy-to-follow system that will help you (and your clients) achieve your health and performance goals.	Paul Chek
April 18th at 12pm PDT	Critical Program Design Strategies	This webinar will provide you with new ways to view and manipulate program variables and show you how to recognize common roadblocks to success in any client.	Mark Stone
May 23rd at 3pm PDT	How to Work In	This webinar shares simple effective methods for determining how much vitality each person has to safely and effectively apply to movement as a means of cultivating and maintaining health and well-being.	Paul Chek
June 21st, Time TBA	Stand up Straight!	All exercises should begin and end with good posture, but can you identify what is happening if you don't have good posture? This webinar will help you identify postural dysfunctions and help you to uncover the root cause of the dysfunction.	Ashley Mazurek
July 25th 12pm PDT	Eating the CHEK Way	Paul's approach to eating and meal planning will teach you to cultivate healthy relationships with your body, mind, and food – a good recipe for feeling great and looking vibrant!	Paul Chek
August 15th at 12pm PDT	Understanding the CHEK Totem Pole	The CHEK Totem Pole explains the survival hierarchy of control centers in the body and provides a framework for understanding how to effectively prioritize exercises, therapies, or treatments to achieve lasting results.	Paul Chek
September 21st, Time TBA	Is Stress Making Yours Pants Tight?	You will learn the six classes of stressors, the difference between physiological and non-physiological stressors and how the body summates stressors to create a total stress picture, that can significantly negatively affect health and weight loss.	TBA
October 17th at 5pm PDT	Essentials of Respiration and Movement	This webinar brings the science and practical application of respiration back to strength training. You'll learn how to apply breathing techniques to work with the biomechanics and physiology of the body.	Paul Chek
November 13th, Time TBA	Are You Getting to Bed on Time?	Our sleep/wake cycles and habits play a major role in our overall health. This "eye-opening" webinar will show you how to spot key indicators of circadian rhythm disruption and provide practical advice on optimizing your own and your clients' sleep/wake cycles.	Leigh Brandon
December 12th at 12pm PST	Primal Pattern® Movements	Using principles from motor control research, the Primal Pattern® Movement System uses seven basic patterns to condition the entire body.	Paul Chek

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C.H.E.K Institute-Trained Professional Q&A Coaching Calls
Calls are for CURRENT C.H.E.K Institute-Trained Professionals ONLY

DATE	FOCUS	EVENT INFORMATION	C.H.E.K INSTITUTE FACULTY
March 21, 2012	C.H.E.K Practitioners - ECs, CPs and GPS	Questions may be submitted to questions@chekinstitute.com . Please check your e-mail for the invitation to attend.	Leigh Brandon
April 11, 2012	CHEK Holistic Lifestyle Coaches - HLCs	Questions may be submitted to questions@chekinstitute.com . Please check your e-mail for the invitation to attend.	Robert Yang
May 9, 2012	C.H.E.K Practitioners - ECs, CPs and GPS	Questions may be submitted to questions@chekinstitute.com . Please check your e-mail for the invitation to attend.	Karen Redmond
June 6, 2012	CHEK Holistic Lifestyle Coaches - HLCs	Questions may be submitted to questions@chekinstitute.com . Please check your e-mail for the invitation to attend.	Emma Lane
July 11, 2012	C.H.E.K Practitioners - ECs, CPs and GPS	Questions may be submitted to questions@chekinstitute.com . Please check your e-mail for the invitation to attend.	TBA
August 8, 2012	CHEK Holistic Lifestyle Coaches - HLCs	Questions may be submitted to questions@chekinstitute.com . Please check your e-mail for the invitation to attend.	TBA
September 5, 2012	C.H.E.K Practitioners - ECs, CPs and GPS	Questions may be submitted to questions@chekinstitute.com . Please check your e-mail for the invitation to attend.	TBA
October 10, 2012	CHEK Holistic Lifestyle Coaches - HLCs	Questions may be submitted to questions@chekinstitute.com . Please check your e-mail for the invitation to attend.	JP Sears
November 7, 2012	C.H.E.K Practitioners - ECs, CPs and GPS	Questions may be submitted to questions@chekinstitute.com . Please check your e-mail for the invitation to attend.	Robert Yang
December 5, 2012	CHEK Holistic Lifestyle Coaches - HLCs	Questions may be submitted to questions@chekinstitute.com . Please check your e-mail for the invitation to attend.	Paul Chek

Team CHEK Presenting at Conventions

DATE	EVENT	TOPICS	PRESENTER
April 27-28, 2012	FILEX , Sydney Australia	Back Strong and Beltless; Flatten Your Abs Forever; Equal But Not the Same	Donal Carr, Cameron Nell, Jo Rushton
May 12, 2012	canfitpro Winnipeg - www.canfitpro.com/en/winnipeg	Big Bang Exercises; Rotational Training for Performance; Better Butt, Better Back	Yves Ethier
May 24-26, 2012	canfitpro Halifax - www.canfitpro.com/en/halifax	The Science and Practice of Respiration During Resistance Training; What Type of Exercise Does Your Client Need Most? Stress Management Through Exercise; Functional Pushing and Pressing Exercises	Mark Stone
July 5-8, 2012	IDEA World Fitness Convention - www.idealife.com	Rotational Training for Performance; Walking Tall - What Your Client's Gait Can Tell you Before They even Speak	Dan Hellman
August 2-5, 2012	DCAC Washington DC - www.dcacfitness.com	Pre Conference Session: Primal Pattern® Movement System; Conference Sessions: CHEK Points in Shoulder Training; Better Butt, Better Back; Flatten Your Abs Forever; Walking Tall - What Your Client's Gait Can Tell you Before They even Speak; High Performance Swiss Ball; How to Work In	Tom Toles
August 15-19, 2012	canfitpro Toronto - www.canfitpro.com/en/toronto	Pre Conference Session: How to Work In; Conference Sessions: Flatten Your Abs Forever; The CHEK Approach to Nutrition for the Fitness Professional; Heavy Breathing - The Science and Practice of Respiration During Resistance Training; 50 Fit and Free!; Absolute Essentials of Program Design; Whole in One Golf Conditioning; Balance Training for Every Client; Functional Pushing and Pressing; Walking Tall: What Your Client's Gait Can Tell You Before They Even Speak!; Panel Presentation: Managing the Injured Personal Training Client	Paul Chek and Dan Hellman
October 20, 2012	canfitpro Calgary - www.canfitpro.com/en/calgary	TBA	Mark Stone
November 3, 2012	canfitpro St. John's - www.canfitpro.com/en/st-johns	TBA	Mark Stone
November 10-12, 2012	ECA Thrive - www.ecaworldfitness.com	Train the Movement, Not the Muscle; What type of Exercise Does Your Client Need Most	Dan Hellman
November 17-18, 2012	canfitpro Vancouver - www.canfitpro.com/en/vancouver	TBA	Mark Stone

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