

**Table 2: Cost Estimate for Body Recall Instructor Training**

|                                                                                                                                                                                                 |                 |                                                     |                                                      |                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|-----------------------------------------------------|------------------------------------------------------|------------------------------------------------------|
|                                                                                                                                                                                                 |                 |                                                     |                                                      |                                                      |
| Training Fee ( <i>includes lunch and dinner on days of training, training manuals, and first two months of Instructor Alliance Membership*</i> )                                                | \$750.00        |                                                     |                                                      |                                                      |
| Materials ( <i>Instructor's textbook, two sequence DVDs, elastic rope, 6" foam ball, sit-up-stick and wand / \$80.00 value</i> )                                                                | included        |                                                     |                                                      |                                                      |
| Instructor support materials (music CD / Beginning Sequences DVD)                                                                                                                               | \$100.00        |                                                     |                                                      |                                                      |
| (Instructional DVD / Exercise Video / Falls & Recovery (DVD)                                                                                                                                    | \$60.00         |                                                     |                                                      |                                                      |
|                                                                                                                                                                                                 |                 |                                                     |                                                      |                                                      |
| <b>sub total</b>                                                                                                                                                                                | <b>\$910.00</b> |                                                     |                                                      |                                                      |
|                                                                                                                                                                                                 |                 |                                                     |                                                      |                                                      |
| <b>Body Recall merchandise</b> *Equipment for teaching subsequent student Body Recall classes will be sold and billed separately. Order merchandise before starting a class (and/or as needed). |                 | Example:<br>class<br>equipment<br>for 6<br>students | Example:<br>class<br>equipment<br>for 10<br>students | Example:<br>class<br>equipment<br>for 20<br>students |
| Elastic Rope                                                                                                                                                                                    | Included        | \$18.00                                             | \$30.00                                              | \$60.00                                              |
| 6" Foam Ball                                                                                                                                                                                    | Included        | \$36.00                                             | \$60.00                                              | \$120.00                                             |
| Sit-Up-Stick                                                                                                                                                                                    | included        | \$60.00                                             | \$100.00                                             | \$200.00                                             |
| Wand                                                                                                                                                                                            | included        | \$18.00                                             | \$30.00                                              | \$60.00                                              |
| uniform (Body Recall pants / t-shirt) <i>optional</i>                                                                                                                                           | \$65.00         |                                                     |                                                      |                                                      |
| <b>sub total</b>                                                                                                                                                                                | <b>\$65.00</b>  | <b>\$132.00</b>                                     | <b>\$220.00</b>                                      | <b>\$440.00</b>                                      |
|                                                                                                                                                                                                 |                 |                                                     |                                                      |                                                      |
| <b>Total</b>                                                                                                                                                                                    | <b>\$975.00</b> |                                                     |                                                      |                                                      |

**Instructor Alliance Membership**

\* \$25.00 monthly Instructor Alliance Membership fee for each Certified Instructor. First two months Alliance Membership is included in above instructor training cost.

\*Alliance Membership includes receipt of quarterly Body Recall newsletter, access to health and wellness articles and any special publications, as well as discounts on future merchandise purchases, and any additional Alliance workshops or programs.