



For the love of the ride inside and out

INDOOR CYCLING INSTRUCTOR WORKSHOP

ESSENTIAL TRAINING FOR INDOOR CYCLING

The essentials of indoor cycling are the foundation and requirement for instructor certification. They represent an understanding of the equipment, environment and format, as well as, sound knowledge of proper training, form, technique, presentation and risk stratification.

TOPICS COVERED

- Safety
- Proper Form and Technique
- Bike Setup
- Ride Design
- Working with Music
- Presentation & Communication

Taught by USA Cycling Elite Coach and Master Instructor Tom Scotto.

WORKSHOP LOCATION

WORKSHOP SCHEDULE

ESSENTIAL TRAINING FOR INDOOR CYCLING

Date: _____

Time: _____

Workshop ONLY: \$229.00

Workshop + Certification Exam: \$299.00

8 Credit Hours (ACE, AFAA, NSCA, NASM)

Workbook Included.

For More Information go to:

www.cyclingfusion.com/instructors

or Call (877) 312-5533



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