

YMCA of the USA

YMCA Group Cycling Instructor Certification Course

DATE: April 25, 2009

TIME: 9:00 – 5:00 pm

TRAINER: Vickey Beard

LOCATION: Lindsay Young Downtown
YMCA
605 W. Clinch Ave
Knoxville, TN 37902

COST: \$55.00

TEXTBOOK:

Cycle Reebok Cycle Instructor Manual, YMCA Program Store
(Purchase and study highly recommended)

COURSE DESCRIPTION:

This course is designed to train staff members in the basics of conducting group cycling classes. Course content includes the practical application of basic fitness principles, leadership and teaching skills for group cycle and a practical session on teaching a group cycle class.

PARTICIPANTS MUST BRING:

Workout clothes, proof of prerequisite certifications, notebook, pen, and course manual.

NAME: _____
YMCA _____ EMAIL _____
TELEPHONE: _____ ADDRESS: _____
CITY: _____ STATE: _____ ZIP: _____

Prerequisites:

- Current CPR
- YMCA Healthy Lifestyle Principles or Principles of YMCA Health & Fitness certification
- Foundations of Group Exercise Instructor

Send registration form to the Davis Family YMCA, 12133 S. Northshore Drive, Knoxville, TN 37922

Attention: Vickey Beard

Checks, cash or credit/debit cards. Make checks payable to Davis Family YMCA.

Deadline for Registration: April 20, 2010