BECOME A SPINNING® INSTRUCTOR
Get certified and inspire others.

The comprehensive Spinning Instructor Certification - live training day will give you all the hands-on tools you need to become a certified Spinning instructor and lead your own classes.

You will gain an understanding of the following:
• Cycling biomechanics
• Bike setup and safety principles
• Coaching skills
• Crafting of class ride profiles
• Heart rate training and the Spinning Energy Zones™
• Visualization techniques to complement the mind/body

PRICE
$355 Including manual
(Shipping and any applicable sales taxes not included)

CREDITS/POINTS
.8 ACE; .8 NASM; 8.0 AFAA

Sunday, February 23, 2020
9:00AM - 6:00PM

The Weymouth Club
75 Finnell Dr. Weymouth, MA 02188

PRESENTER:
Spinning® Master Instructor: Jennifer Ward

TO REGISTER
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www.spinning.com

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800.847.SPIN (7746)

For directions to this workshop location, please contact us: 781-337-4600