



# CONTINUING EDUCATION

Stay ahead of the pack. Boost your teaching skills while earning AFAA and CECs continuing education credits with this Spinning® workshop.

## Heart Rate Training: 4 HOUR WORKSHOP

Take an in-depth look at the five Energy Zones, effective heart rate training ranges and health-screening preparation. This workshop includes a 75 minute ride.

### PRICE

\$109.00

### CREDITS/POINTS

6.0 SPIN CECs | 4.0 AFAA | 0.4 ACE

**Sunday, March 31, 2019**  
**11:00AM - 3:00PM**

The Weymouth Club  
75 Finnell Dr. Weymouth, MA 02188

PRESENTER: Spinning® Master Instructor: Jennifer Ward

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

## TO REGISTER

### VISIT

[www.spinning.com](http://www.spinning.com)

### OR CALL

800.847.SPIN (7746)

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