



Schwinn® Indoor Cycling Instructor Training Sunday, April 22, 2012

Join us and receive Continuing Education Credits (.08 ACE CECs/7.25 AFAA CEUs)

The Schwinn® Indoor Cycling Program trains thousands of instructors around the world each year to become **top-notch Schwinn® Cycling coaches**.

This power packed one-day training offers you the industry's finest and most comprehensive indoor cycling education, providing you with all the tools you need to become a successful and sought-after instructor.

You will learn bike fit, cycling science, class design and the **Schwinn® Cycling Coaching Pyramid**, which will make teaching indoor cycling simple for you and hugely motivating for your students! In addition to experiencing two complete rides during the course, you will take home a comprehensive training manual and **CEC Certificate of Completion worth .8 ACE CECs and 7.25 AFAA CEUs**.

Featuring Schwinn Master Instructor Shannon Fable



COST: \$150 CU Rec Center member/\$195 non-member
For more information contact Nicole LaRocque at
Nicole.LaRocque@colorado.edu or 303-492-1091

Location: CU-Boulder, Recreation Services, Boulder, CO 80309

Time: 9:00am-5:00pm

Space is limited, register today!