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

Sunday, March 19, 2017
8:00AM - 5:00PM

University of Pennsylvania
Dept. Of Recreation 3701 Walnut Philadelphia, Pennsylvania, 19104

PRESENTER:
Spinning Master Instructor: Gina Resina

TO REGISTER
VISIT
www.spinning.com
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For directions to this Official Spinning Facility: 856-371-2178