



Indoor Cycling Instructor

Course Overview

If you are already instructing and wish to improve your knowledge and skills to deliver group indoor cycling classes, or you are already running such sessions without a formal qualification, then this is the course for you. This course will also help with the professional development required to maintain REPS membership.

Course Content

- ✓ Working with music
- ✓ Structuring and planning a session
- ✓ Imagery and visualization
- ✓ Health and safety
- ✓ Delivering a session

Profusion Range Format

1 day attendance

Entry Requirements

Over 16 and Level 2 Fitness Instructor Qualification

Assessment

No assessment

Certification

Amac Certificate in Instructing Group Indoor Cycling



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