



# 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

Saturday, March 23, 2019  
8:00AM - 5:00PM

Clark Sports Center  
124 Co Rd. 52 Cooperstown, NY 13326

PRESENTER:  
Spinning® Master Instructor: Angela Amedio

For directions to this workshop location, please contact us: 607-547-2800

## TO REGISTER

VISIT

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

OR CALL

800.847.SPIN (7746)

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