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, June 08, 2019
8:30AM - 5:30PM

University of Missouri - St. Louis Recreation
1 University Blvd 229 RWC. St. Louis, MO 63121

PRESENTER:
Spinning® Master Instructor: Peter Schwob

TO REGISTER
VISIT
www.spinning.com

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800.847.SPIN (7746)

For directions to this workshop location, please contact us: 314-516-2346