



## Group Indoor Cycling

### Course Guide

Thank you your interest in the Group Indoor Cycling course with Amac. Within this course guide, you will find information on the different parts of the course. If you need further information then visit our website or ring 01227 831 840 or via email on [info@amactraining.co.uk](mailto:info@amactraining.co.uk).

### CPD Course

Group Indoor Cycling – 1 day

### Pre requisites

Over 16 and Level 2 Fitness Instructor Qualification

### Course Overview

Indoor cycling is the group fitness phenomenon of the last decade, bringing cycling indoors to create great fun and a great personal workout, set to the background of fantastic music and an awesome group experience. This qualification is particularly relevant to you if you: wish to implement indoor cycling into your PT sessions; want to run an indoor cycling class; enjoy practically-based learning

### Course Content

- Working with music
- Structuring, planning and delivering a session
- Imagery and visualization
- Health and safety

### REPs points

On successful completion of the course, you will be awarded 8 REPs points which can be used for level 2 Fitness instructors towards their annual CPD requirement.



### Assessment

On course

### Certification

Amac Certificate in Group Indoor Cycling

01227 831 840

[www.amactraining.co.uk](http://www.amactraining.co.uk)

