This one-day workshop is designed for current indoor cycling instructors and those interested in teaching group indoor cycling classes. You will learn proper safety cycling practices, effective training principles, and much more useful information.

G.E.A.R. Indoor Cycling Workshop

Sunday, October 19th
8:00a.m.–6:00p.m.
Student Life Center – Aerobics room 1

Cost: $129.00
Includes: (manual, sample class format, 1 yr. AFAA membership)

To register, please call Felix 1.800.446.2322 ext. #420
For more information, please call Valerie Yamaki, Fitness Coordinator (808) 932-7748.