G.E.A.R. Indoor Cycling Workshop

Sunday, March 1st
8:00a.m.-6:00p.m.
Student Life Center – Aerobics room 1

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.

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

To sign up, please call Felix 1.800.446.2322 ext. #420

For more information, please call Valerie Yamaki; Fitness Coordinator (808) 932-7748.