



# Certification Course

Winter 2011

## Contact Information

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## YMCA Group Cycling Instructor

This course was developed in collaboration with Reebok University, originators of the Cycle Reebok program. It is designed to teach YMCA exercise instructors how to develop new and exciting indoor group cycle classes. The emphasis of this training is on providing instructors with the practical and theoretical skills needed to create a variety of safe and effective cycle exercise programs.

### Session & Registration Dates

No courses are scheduled at this time. To be notified of training dates, please contact Karla Hudson, 402.434.9238 or khudson@ymcalincoln.org

### Time

TBD

### Fees

Y Staff	\$40
Non Y Staff	\$50

### Prerequisites

- Current CPR
- YMCA Healthy Lifestyle Principles
- Foundations of YMCA Group Exercise Instructor

### Bring

- Proof of prerequisite certifications (CPR and Healthy Lifestyle Principles)
- *Cycle Reebok* manual (YMCA Program Store, 1.800.747.0089 or [www.ymcaprogramstore.com](http://www.ymcaprogramstore.com))
- Notebook, writing utensil
- Workout clothes
- Travel, meals and lodging are on your own (light snacks will be provided)

Downtown Y

