

INDOOR CYCLING INSTRUCTOR WORKSHOP

For the Beginner and Seasoned Instructor / Coach



Saturday / Sunday
July 10 - 11, 2010

Breathe Denver
Denver, CO

Spend the weekend with certified USA Cycling and Stage5 Cycling coach, Tom Scotto. Experience the most comprehensive indoor cycling instructor workshop in the industry.

Anatomy
Biomechanics of Cycling
Bike Setup & Proper Form
Physiology & Training Thresholds
Periodization
Indoor Cycling Program Design
Presentation Skills
Practical Teaching Review

Cost: \$275 (Workbook Included)

10% Breathe Staff / Instructor Discount

Learn More and Register online at
www.stage5cycling.com/iciw

Or Call
(800) 605-1791

ACE (1.2), AFAA (12.0), USAC (1.0), S5C (14.0)



INDOOR CYCLING
**Scholarship
Program**

Stage5 Cycling is looking for the best indoor cycling instructors in the country and we are willing to put our money where our mouth is. Starting in 2010, we will be searching for 10 scholarship candidates per city to receive our 2-Day / 14-Hour comprehensive indoor cycling workshop. Recipients only have to pay for the workbook (\$30) and we will cover the cost of the workshop registration (\$245).

Go to our website for details and complete the online application.



Stage5
CYCLING