

# Spin Cycling

## COURSE DETAILS

### AIMS

The National Qualification in Spin Cycling is the only professional qualification offered for Spin Cycling in Ireland. NCEHS started offering this qualification in 1997 and Spin Cycling has become one of the most popular fitness classes in years with almost every health club and fitness centre in Ireland now offering Spin Cycling classes to their clients.

The aim of this programme is for fitness instructors & personal trainers to develop a critical understanding of Spin Cycling and to enable them to teach what has become one of the most popular forms of exercise in gymnasiums and health clubs around the world.

In order to meet a high standard of instruction and to satisfy insurance requirements, the National Qualification in Spin Cycling is open to application from fitness instructors who hold a recognised and valid qualification, including exercise to music, from NCEHS, NCEF, ITEC etc.

### VENUE

This course takes place at the Herberton Leisure Centre, St. James' Walk, Rialto, Dublin 8 (LUAS Red Line) and Mardyke Arena, University College Cork, Western Road, Cork

## SYNOPTIC SYLLABUS

### NCEHS Safety and Technical Information

Pedaling Techniques

Class Structure

Musicality

Instructional Skills

Breathing Techniques

Visualisation

Bike and Lever length adjustments

NCEHS Spin Cycle Exercises and Combinations

Maintenance of Spincycles

### TIME

This course takes place on the days listed below. It lasts one day and runs from 9:30 to 17:30 in Dublin and 10:00 to 18:00 in Cork.

### CPD

Please contact REPS Ireland at enquiries@repsireland.ie or Tel: 045 859162.

AVAILABLE ON-SITE FOR GROUPS OF 8 OR MORE - CALL 01 - 882 7777 FOR DETAILS

Book online at [www.ntc.ie](http://www.ntc.ie)

## Spin Cycling - Enrollment

Name

Address

Contact Details

Home Telephone

Work Telephone

Mobile

Email

Payment Type



Cheque / Draft / Cash  Card

Payment Amount

Full Price  €230.00 Discounted Price  €200.00

Discounted price only for NCEHS Qualified Fitness Instructors

Credit / Debit Card Number

Expiry Date

Security Code

Cardholder Name

2010 Date Selection - Dublin

February (Sunday) 21st  June (Sunday) 20th  October (Friday) 29th

2010 Date Selection - Cork

July (Saturday) 3rd

Terms

I, the undersigned, declare that all the information supplied by me on this enrollment form is complete and true to the best of my knowledge. I agree that when participating on courses offered by The National Training Centre that I will be bound by National

Training Centre rules and regulations. I understand that places on the Spin Cycling programme may only be reserved when course fees have been paid and that all course fees are non-refundable. I also understand that in order to qualify to participate on the Spin Cycling programme I must hold a valid, recognised fitness instructor qualification which has been awarded or renewed within the past five years and which includes a qualification in Exercise to Music. I understand that no certificates will be issued in respect of the Spin Cycling programme until I have submitted a copy of my fitness instructor qualification. Graduates of the NTC do not need to submit copies of fitness instruction qualifications. While dates and prices contained in this information leaflet are unlikely to alter, they may be subject to change without notice. Course start dates may be subject to change. If a course start date changes you will be offered the opportunity to transfer your enrollment to the new date or to receive a full refund of any fees paid. Should a course be cancelled or postponed the National Training Centre will not be held responsible for any additional costs incurred by the student, including, but not limited to, transport or accommodation. Once a course commences, although extremely unlikely, class dates and times may be subject to change. Tutors for individual classes on courses may be subject to change. Any and all special offers and/or promotions offered in relation to enrollment for any course are always subject to availability. Although the National Training Centre will always endeavour to meet all demands in relation to such offers, should there be no availability for any offer an alternative or cash amount will not be offered.

Applicant Signature

Date



# National Qualification in Spin Cycling

*"strengthen your heart, tone your glutes, calves, thighs and legs"*

## Schedule 2010

