



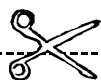
Group Cycle Training



Friday 1st October - 9.00 - 5.00
Sunday 3rd October - 11.00 - 5.00

To be held at
Miskin Manor Hotel & Health Club CF72 8ND

Develop your own skills & class style to teach inspiring, dynamic indoor cycling sessions



Group Cycle 1 & 3 October 2010

£85 Fitness Wales Members / £110 Non Members (includes £25, which is one year's membership)

Three Ways to Pay

- 1) To pay by debit/credit card please book online at www.fitnesswales.co.uk/modules.asp
- 2) Enclose a cheque/postal order made payable to Fitness Wales
- 3) By official purchase order

Name.....DOB.....

Address.....

.....Post Code.....email.....

Tel No. (home).....(work).....(mobile).....

Do you have any Special Needs e.g. Dyslexia, deafness, physical or mental health issues etc. If so please give details.....

.....
APPLICANTS MUST HAVE A LEVEL 2 EXERCISE & FITNESS QUALIFICATION OR EQUIVALENT

Relevant qualifications/experience.....

I have read and understood the terms and conditions above and wish to apply for a place on the above Course.

Signed.....**Date**.....

Group Cycle Course

The course covers

- The benefits of group cycling classes
- Setting up bikes, safety issues and common injuries
- Adapting teaching skills & mastering cycling techniques & drills
- How to excite, inspire & motivate your class participants & develop group dynamics
- Ideas for content & styles of classes

To become a certified Instructor for Group Cycling, applicants will have to pass a practical assessment and submit a full lesson plan. Instructors must already hold an industry recognised qualification equivalent to Level 2 in Exercise and Fitness.



Terms and Conditions of Booking

Please read before signing the application form.

Acceptance on modules does not mean Fitness Wales acknowledges an applicant's prior qualifications to be in line with national occupational standards.

At the beginning of the training you must inform the tutor of any disability, injury or illness which might affect your participation. Fitness Wales operates an Equal Opportunities Policy.

Membership fees are non-refundable. Course fees are refundable up to 28 days prior to the commencement of the module less a £10 admin fee. However if Fitness Wales cancels the course/module you will receive a full refund.

It may be possible to transfer your application or issue you a credit note, if you cannot attend, but this is at the discretion of Fitness Wales.

To process your application, your details will be entered onto a database. Your details will not be passed onto any third parties without your consent.

Fitness Wales, 1b Clarke Street, Cardiff. CF5 5AL
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