



National Fitness Professionals Association

Indoor Cycling Instructor Class Schedule

Day 1 – Friday

7:30-8:00 am	Registration
8:00-10:00 am	Exercise Physiology
10:00-11:00 am	Cardiovascular Training
11:00- 12:00 pm	<u>LUNCH BREAK</u>
12:00-12:30 pm	Bike Set-up / Ready to Ride
12:30-1:00 pm	Safety Issues
1:00-3:00 pm	Teaching Skills / Class Development <ul style="list-style-type: none">○ Music / Cues○ Warm-up○ Intensity○ Cool Down / Flexibility○ Motivation

Day 2 - Saturday

8:00-9:30 am	Applied Anatomy
9:30-11:00 am	Kinesiology / Biomechanics
11:00- 12:00 p.m.	<u>LUNCH BREAK</u>
12:00-12:30 pm	Test Review
12:30-3:30 pm	Testing <ul style="list-style-type: none">○ Written○ Practical