



CREATING HEALTHY CAREERS
for over 40 years

**Le Mars YMCA
241 12th St SE
Le Mars IA 51031**

Local Contact: JOYCE FEUERHELM

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LE MARS YMCA and NETA, a non-profit fitness professional association, are co-sponsoring the following nationally-recognized workshops:

Indoor Cycling Specialty Certification

Saturday November 10, 2018 8:00- 3:00

NETA's new indoor group cycling certificate covers all of the basics of teaching cycling classes including getting started, setting up the room, managing a variety of situations (dealing with new and experienced participants, late arrivals, broken equipment, etc.). Participants learn the many body positions for a safe and challenging ride, contraindications, terminology, class formatting, music selection, cuing and more. A special section has been added to determine exercise intensity.

Workshop fee: **\$189**

Cycle 360

Sunday November 11, 2018 8:00- 1:00

Cycle, Strength, and Core adds variety to your everyday indoor cycling class and provides your participants with a total body circuit workout. Cycle 360 combines indoor cycling, and OFF the bike strength & core training. This allows participants to experience an amazing aerobic workout while also strengthening their upper body and core. Cycle 360 allows riders to get the best formats in one class while balancing your muscles and avoiding burn out.

Workshop fee: **\$119**

To Register:

Call 800-237-6242 or On-line at www.netafit.org

