



## Equipment Requirement Sheet

### Cycle 360

How do you keep your indoor group cycling class relevant with the emergence of hybrid and non-traditional boutique-style formats? NETA's updated Cycle 360 workshop will equip you to provide a safe, effective, engaging class that can attract both traditional outdoor cyclists as well as mainstream fitness participants.

Drawing upon the metabolic and aerobic benefits of cycling, complementary off the bike strength training exercises, and targeted core work, you'll learn how to create workouts that come full circle. Elements such as music and lighting that can aid in creating an experience will also be addressed. Completion of the Indoor Group Cycling Specialty Certification is highly recommended prior to taking this workshop.

#### Space Needed:

Cycling Studio: 8am – 1pm

#### Equipment Required:

\_\_\_ Cycling Bikes (1 per participant)

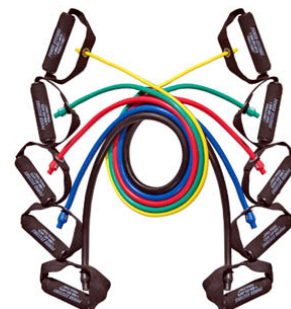
\_\_\_ Mats

\_\_\_ Dumbbells

\_\_\_ Resistance Bands

#### Optional Equipment:

\_\_\_ Medicine Balls



Questions regarding equipment please contact: Darci at [darci@netafit.org](mailto:darci@netafit.org)