



## **Equipment Requirement Sheet**

### **Indoor Group Cycling Specialty Certification**

NETA's Indoor Cycling Certification covers all the basics of teaching cycling classes, including setting up the room, managing a variety of situations and the many body positions for a safe but challenging ride. Other key topics include contraindications, terminology, class formatting, music selection and cuing. We've also added a special section on helping individuals determine the proper level of exercise intensity to meet their goals. Includes free study guide.

#### **Space Needed:**

Group Exercise Studio: 8am – 3pm

#### **Equipment Required:**

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



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