



Equipment Requirement Sheet

Ride and Renew

Fusion-classes have continued to gain popularity, as they offer participants the benefits of two formats in half the time. Ride and Renew combines the benefits of an intense cycling workout with counter-balancing yoga poses to restore the body. Learn the effects that high intensity interval training via cycling has on the body, and how to both maximize the benefits and counteract the stressors through the combination of cycle and yoga. Completion of either the Indoor Group Cycling Specialty Certification OR Yoga Foundations Specialty Certification OR experience in one of the formats is highly recommended prior to taking this workshop.

Space Needed:

Cycling Studio: 8am – 1pm

Equipment Required:

___ Cycling Bikes (1 per participant)

___ Yoga Mats

___ Yoga Blocks

___ Yoga Straps (optional)



Questions regarding equipment please contact: Darci at darci@netafit.org