



Group Cycling Instructor Certification



Sunday, September 11th, 2011
9am-6pm
Sonoma County Family YMCA
 1111 College Ave, Santa Rosa, CA 95404
 707-545-9622 www.scfymca.org

Registration Fee:	\$50 Staff \$80 Facility Members \$100 Program & Non Members
Prerequisites:	Must be over 18, show proof of a current CPR Certification, have taken Healthy Lifestyle Principles and Foundations of Group Exercise
Bring:	Comfortable clothes to get on the bike, lunch, a notebook & Cycle Reebok Manual (optional)(To order the manual call the YMCA Program Store at 1-800-747-0089).
Learn:	In association with Reebok University, this course is designed to teach exercise instructors how to develop new & exciting indoor group cycling classes. Training provides instructors with practical & theoretical skills.

YMCA Group Cycling Certification ----- Sunday, September 11th, 9am-5pm

Fees (please check) : **Y Staff: \$50** **Facility Members: \$80** **Program & Non Members: \$100**
Late registration: Add \$20 after September 1st

Name: _____ Phone: _____

Address: _____ E-Mail _____

Register at our Member Center OR send this form & check payable to:
Sonoma County Family YMCA, 1111 College Avenue, Santa Rosa, CA 95404
 For more info, contact Dawn Haight @ (707) 545-9622 ext.3128

Name on Card: _____ Signature: _____

Visa Mastercard Amex (please circle one) Card # _____

Exp Date _____ Security Code _____