

**the quad
instructor advancement
rider enhancement program is on
sunday, march 4, 2012 at 3:00 pm
quad-580 king street west**

*this 4 hour course is taking place in toronto at our **quad** location, at **580 king street west**. the course is **125 dollars** plus hst and includes an instructors manual and teacher training sample cd which are handed out at the beginning of the course.*

micheline wedderburn ba.ed., is passionate to share her 15 years of spinning knowledge and a fresh perspective with those who are excited to enhance their cycling experience..

the group will study the physicality and merits of indoor cycling as this course was designed for people who are serious about what goes into an awesome spin experience. it may offer a new opportunity to riding and leading an effective spin class. it will also give attendees a clear insight into the time and effort required to teach at a consistently high level.

micheline will cover the following aspects;

- *bike set-up*
- *riding terms*
- *form assessment*
- *positions*
- *intensity zones*
- *class profile dissection*

the final stage of this course is spent in a mock class with bike and stage time on the microphone for all participants. micheline will explore music selection, how to match road profiles, and learn how to manipulate volume and voice to motivate students. micheline will delve deeply into the components of class design, and safety as well as instructor responsibilities as they relate to the quad philosophy. troubleshooting all the different situations that a rider may experience by meeting every clients needs will be discussed as she looks to develop your "spinner's eye". certificates of participation are signed upon completion of the course.

since 2002, micheline's goal has been to nurture the best teachers in toronto.

"i really enjoyed this course and felt much closer to my goal of becoming a spin instructor!"

"i did not know so much was involved in teaching the instructors at quad make it look so easy"