



## **Indoor Cycling and Spinning® Instructors Get Convenient Continuing Education**

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The Indoor Cycling Association (ICA) offers a free, online lecture series with sessions led by the fitness industry's best and brightest.

Many indoor cycling and Spinning® instructors have long struggled with post-certification access to quality continuing education. Many instructors seek to continually expand their knowledge on the science of cycling and glean new ways and language to inspire students. And for those instructors, expensive industry conferences requiring pricey travel and days away from home, work, clients, and classes have been their only option.

The Indoor Cycling Association (ICA) has an innovative education solution. The Indoor Cycling Summit is a free, online conference including 24 lectures from 15 well-known industry professionals, PhDs, Master Instructors, and indoor cycling stars, and offers quality continuing education available to participants at their convenience.

Registration begins on Monday, March 14 at [www.IndoorCyclingSummit.com](http://www.IndoorCyclingSummit.com)

The 2016 Indoor Cycling Summit is free to attend online March 18-20. Eight one-hour-long sessions will be available for on-demand viewing each day. Participants can listen to each day's sessions free of charge just by registering.

For attendees who want access to the recordings, transcripts and additional bonuses, an All-Access Pass to the 2016 Summit is available for \$297. The Pass gives participants six months of unlimited access to all 24 sessions, 1.9 CECs from ACE (just short of a complete two-year certification renewal), downloadable handouts and audio recordings from each session, and several other bonuses.

With several options for accessing the hour-long sessions and seminars, The Summit is focused on convenience for participants. Many past participants have watched the sessions for free, but others want the freedom of learning and absorbing the content with six months of access. Other participants relish the access to very convenient CECs and the bonus content.

The Summit's lineup of presenters is one any traditional conference would envy, including cycling Master Instructors, athletes, group fitness experts, and medical, sports, and wellness professionals.

Each hour-long session is a lecture focused on a particular component of teaching or the exercise of cycling. Seminar topics include choosing music, motivating participants, teaching with wattage, interval and heart rate training, exercise physiology, lactate threshold, social media to build classes, and more.

The goal of the Indoor Cycling Summit is to make quality education available to all instructors, helping them become inspiring coaches and educators, ICA founder Jennifer Sage says. Thanks to the anytime accessibility of the Summit, instructors and their riders will never miss a class, and students will be inspired by their instructor's new ability to motivate and empower the class.

This third Indoor Cycling Summit remains the only one of its kind in the industry and thousands of instructors have taken advantage of the past two Summits. The program is the brainchild of Jennifer Sage, founder of ICA and former Spinning® master instructor (from 1997 to 2009). Jennifer has educated thousands of indoor cycling instructors over the years and for two decades has heard instructors voice their struggle in finding quality continuing education.

A complete list of sessions for the 2016 Indoor Cycling Summit with detailed descriptions can be found here: [www.indoorcyclingsummit.com](http://www.indoorcyclingsummit.com)

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For more information about Indoor Cycling Association, contact the company here: Indoor Cycling Association Jennifer Sage 970-390-1757 [Jennifer@indoorcyclingassociation.com](mailto:Jennifer@indoorcyclingassociation.com) P.O. Box 1208 Eagle, CO

## **Indoor Cycling Association**

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