



Active iQ

## Level 2 Award in Instructing Studio Cycling

This qualification is aimed at anyone wishing to pursue a career in the health and fitness industry as a Studio Cycling Instructor. To gain this award you either need to hold a Level 2 Gym Instructor or Group Exercise qualification. This qualification is nationally and internationally recognised and is offered through the awarding body ActiveIQ, one of the most recognised awarding bodies in the UK.

**The course will cover a wide variety of theory and practical elements which will include:**

- Understand the key concepts of studio cycling
- Understand the principles of training for studio cycling
- Understand the use of music in studio cycling
- Know the safety considerations when teaching a studio cycling session
- Be able to plan a safe and effective studio cycling session
- Know how to carry out basic maintenance and repair on studio cycling bikes
- Be able to instruct a safe and effective studio cycling session

### Course Times & Costs

Courses are run through face to face sessions with a large emphasis on practical application and normally run over 2 days.

For more information on course dates and times please contact Tim Holbrook on 07766335672 or email [hello@thetrainingklub.co.uk](mailto:hello@thetrainingklub.co.uk)

The cost of this course is £180. There is an initial deposit payable of £80 and the remainder of the course fees are paid before the start of the course.