

BECOME THE BEST

CYCLING INSTRUCTOR

EXPERIENCE I.C.E - INDOOR CYCLING EDUCATION

Direct from Europe and the UK comes I.C.E - the ultimate Indoor Cycling Education program.

For the first time in Australia, I.C.E Training is being delivered to fitness professionals in Sydney. You can be among the first to become an I.C.E. Trainer and experience what indoor cycling is really all about.

Using the brand new RBK Tomahawk bikes, you'll learn exactly how to create awesome cycling classes, every time!

The knowledge and know-how you'll take home will catapult your indoor cycling instruction to a whole new level.

PLUS, you'll learn the ins and outs of Sensitive Cycling - the I.C.E way.

Using the unique patented features of the RBK Tomahawk bike, you'll find out how to attract new markets by offering cycling classes that cater to the more 'sensitive' populations, as well as picking up skills and drills that you can use everyday with your regular participants.

Be warned: I.C.E Training has been known to significantly boost class numbers and participant retention rates.

To find out more contact **Vanessa Como** at Australian Fitness Network.

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