

INDOOR CYCLING

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CYCLING

B1J RIDE IT LIVE

CLAIRE NORGATE AND MATTY CLARKE

Join Claire and Matty for an amazing workshop that will blow your socks off! With a live DJ, you'll see how music and visuals can take your riding experience to a whole new level. Get ready to unleash your rhythm for the ride of your life! **WS**

Sponsored by **TOMAHAWK** | **RBK** 



B2J ADD SOME I.C.E. TO YOUR INDOOR CYCLING FOR OPTIMAL RESULTS

MATTY CLARKE AND EFFE DIAMOND

Direct from Europe and the UK comes I.C.E. – the ultimate Indoor Cycling Education program. In this dynamic I.C.E. class you'll experience what indoor cycling should be about. Using the brand new Tomahawk RBK bikes, you'll learn exactly how to create awesome cycling classes for every type of participant. The knowledge and know-how you'll take home will catapult your indoor cycling instruction to a whole new level. Ideal for new and experienced cycle instructors. **MC**

Sponsored by **TOMAHAWK** | **RBK** 



B3J AN ENDURING RIDE

ZOSHA PIOTROWSKI

Bring an endurance focus into your indoor cycling classes. Through the use of smooth load progressions and goal focusing, this training protocol creates that tough workout your participants love. Steady wins the race here, so bring your energy and power to create the serious calorie burning workout that we're all looking for! **WS**

B4J BAD BOY BIKE CLUB

JARI REHULA AND MICHAEL JEFFREYS

Be part of the ultimate team cycle event in 2006! Two teams go head-to-head for indoor cycling supremacy. Who will conquer the mountain of fitness and doom first? Join Jari and Michael for fun, fitness and fierce competition. Guaranteed to be a highlight session of 2006, this is a great team building and bonding session. **MC**

INDOOR CYCLING

B5J ROAD TO NOWHERE

KAREN BRUK-FINUCAÑE

Are you on a road to nowhere and looking for new ideas to put the spark back into your indoor cycle classes? Pick up tips on how to construct and add direction to your classes that will breathe new life into them and keep your participants guessing what's around the next corner. **MC**

C1J TOUR DE WOY WOY

MICHAEL JEFFREYS

France? Mountains? Yes, very nice but let's not forget our very own all Aussie cycling odyssey, the Tour de Woy Woy! Join Michael for this exhilarating session, riding to home grown tunes and local rules. Malvern Stars at the ready and race you for a chicko roll! **MC**

C2J SENSITIVE CYCLING – THE I.C.E. WAY

MATTY CLARKE AND CLAIRE NORGATE

Experience the brand new Tomahawk RBK bikes, and learn the ins and outs of Sensitive Cycling – the I.C.E. way. Using the unique patented features of the Tomahawk RBK bike, you'll find out how to attract new markets by offering cycling classes that cater to the more 'sensitive' populations such

as the elderly or overweight, as well as picking up skills and drills that you can use everyday with your regular participants. Warning: this session has been known to significantly boost class numbers and participant retention rates. Ideal for new and experienced cycle instructors. **MC**

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C3J CYCLE AWARENESS: THE ULTIMATE RIDE

LESLEY GRAY

Learn how to provide your class members with the most comfortable ride ever. Discover how to deliver a class that makes them more efficient in and out of the saddle. Understand how to alleviate all strain and enhance body awareness while riding. Review the key exercises which strengthen the stabilising muscles in the sagittal plane and the vital stretches, which must be performed to ensure balance throughout the body. Enjoy a balanced journey with a fantastic music mix. **WS**



C4J SERIOUS CYCLE BUSINESS

EFFE DIAMOND

In this workshop you'll discover the dynamics of what makes a cycle class work. Effe explores key elements which can help take any cycle class to the next level, helping you to maximise your indoor cycling audience. **WS**

CYCLING PLENARY

C5E EXPERIENCE I.C.E. – THE ULTIMATE IN INDOOR CYCLING

MATTY CLARKE AND CLAIRE NORGATE

Check out the Indoor Cycling Education (I.C.E.) program that has taken Europe and the UK by storm. Now available in Australia, this is your chance to take home the skills, drills and secrets to creating indoor cycling sessions that appeal to the masses! Using the brand new Tomahawk RBK bikes – which have been called the 'Mercedes of indoor cycles' – you'll take home masses of ideas and a whole new take on technique which will have people lining up to take your classes! Ideal for new and experienced cycle instructors. **P MC**

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