



## FITNESS COURSES

2010

### Take your training toolbox to another level by learning how to become a cycle coach.

The goal of this training program is to give instructors all the tools necessary to be able to create safe and interesting indoor cycling training programs.

The workshop covers important topics such as heart rate training, energy zones and class templates. The training is available to group exercise instructors, personal trainers and cycle enthusiasts who would like to learn more about indoor cycling. Personal trainers and experienced trainers can take their training to another level by learning how to become a cycle coach. The certification covers important information such as basic training and advanced training, technique, correct cycling cadence for road cycling and the pedal stroke which can be used to train a client for road cycling. After completing the workshop you can start teaching cycle classes immediately. You may prefer to practice or you may like to teach the very next day. You will certainly have enough information, experience and class templates at the end of the day.

### Be coached by one of Australia's best

Access information from one of Australia's leading experts in the area of indoor cycling, Donna Ellerton.



### You can expect to learn...

- Heart rate training
- Energy zones
- Correct bike set up
- Safety
- Pedal stroke
- Developing training programs
- Planning a class
- New training methods
- Templates
- Teaching cycle programs
- Motivation
- Imagery
- All the tools necessary to teach successful, effective and safe indoor cycling programs that are suitable for beginners to advanced participants.
- Tools to train sporting clubs and individuals one on one.
- 2 PDPs/6 CECs

### What people are saying about Career Fitness?

“ My experience with Career Fitness has been exceptionally Positive... I have been able to provide quality Exercise Programs to our members, as well as, a greater level of customer service.” **Rosa Bunn**

“I found the Exercise Programming classes to be very insightful in regard to the experience you have and the practical tips that you passed on that a resource book will never teach.” **Gavin Holland**

**Career Fitness**

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Point Cook  
Victoria 3030

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## Cycle Excel Presenter – Donna Ellerton

Donna Ellerton an established international presenter throughout Australia and Europe has represented the Schwinn cycling team in Australia and Greece. In Europe she lectured at fitness colleges/universities and developed training programs for fitness instructors. After creating four nationally certified indoor cycling training programs, Donna currently educates instructors in Australia, America, and Asia. She is a sought after presenter and trainer, and conducts training programs every fortnight. Donna Aston is the cycling expert for the “fitnesstogo” series and she also appears on fitness DVD’s produced to aid charity and which are available in Kmart and Target stores nationally.

### Cycle Excel Course Details:

**Date:** Saturday August 28th, 2010  
**Venue:** Richmond Recreation Centre  
Gleadell Street  
Richmond

**Course Code:** DJN24602  
**Time:** 11.00am – 6.00pm  
**Price:** \$225

### Enrolment Process

#### Option 1 - Enrol by phone

Telephone enrolments can only be accepted if you have one of the following credit cards:

- Mastercard • Visa

Phone 9652 0611

8.30am to 6pm Monday to Thursday

8.30am to 5pm Friday

Please have your credit card number, card holder's name and expiry date ready. It will also assist us if you have your student number ready - if you have participated in a previous course, you will find your student number on your class receipt.

#### Option 2 - Enrol by mail

Send your completed enrolment form together with your payment (cheque, money order or credit card details) to:

CAE Enrolments  
21 Degraes Street  
Melbourne Victoria 3000

Please note: Your payment will be returned if the class is fully booked.

To download enrolment form go to:  
<http://www.cae.edu.au/?cinfo=enrolments>

#### Option 3 - Enrol by fax

Fax enrolments can only be accepted if you have one of the following credit cards:

- Mastercard
- Visa

Fax your completed enrolment form to 9654 7840. Please mark your fax Attn: Enrolments.

Conditions: This program is non-refundable

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