



Group Indoor Cycling

This is to certify that

COLIN GARDENER

Has achieved the YMCA Fitness Industry Training certificate in
Group Indoor Cycling.

The holder is competent to conduct Group Indoor Cycling classes.

Areas of Competence and Knowledge

Plan, teach and evaluate group indoor cycling classes

Approaches to group indoor cycling

Programme planning

Indoor cycling maintenance

Use of music

Client care

Related health and safety issues

A handwritten signature in black ink, appearing to read 'Colin Gardener'.

Director, YMCA® Fitness Industry Training

28 NOVEMBER 2004

Date Achieved

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Certificate Number