



Tyvick Training Academy

From Instructors, To Instructors



Earn up to 8 CECs in 1½ days for under \$100

Creating the Magic: Go from workout to work it

Participants like classes that give them a workout but they LOVE classes that deliver fun. Through this course, you'll get a better understanding of the psychology behind classes that continue to motivate regardless of content or class objective. You'll learn how to utilize your personality to build upon your technical know-how to create unique workout experiences participants will crave. We'll share ideas, strategies and tools you can implement right away to make your classes more engaging and avoid burn out.

Length = 2 hours CECs earned = 2 Cost: \$30 When: Friday, September 16th 6:00 – 8:00 PM

Music & Movement: Turn the Beat Around

Music is a driving force behind a great class and maximizing your knowledge of how to harness the beat to choreograph fun and dynamic class experiences will up your game. This course will help you master musical phrasing, tempo and beats to create class components that marry movement and music to create unique and motivating workouts your students will love.

Length = 3 hours CECs earned = 3 Cost: \$45 When: Saturday, Sept. 17th 9:00 – 12:00

Group Cycling: From Zero to Hero

Let's face it – Group Cycling is a great workout but it can get boring and repetitive. This course provides the Group Cycling Instructor with renewed enthusiasm about teaching cycle. In addition to reviewing effective cycling techniques we'll redefine the scientific principles of cycling to introduce fresh, new movements and class components that are both safe and effective. Plus, you'll participate in a fun group class experience so you can practice these techniques and use them in your very next class!

Length = 3 hours CECs earned = 3 Cost: \$45 When: Saturday, Sept. 17th 1:00 – 4:00

Join us for one, two or all three classes! Receive a \$30.00 discount when you register for all three.

To register contact Vickey Beard at tyvicktraining@gmail.com or 865.406.7328.

All classes held at **YMCA Wellmont Center – 1840 Meadowview Pkwy, Kingsport, TN**