

**O.M.R. [ Official Master Ride ]**

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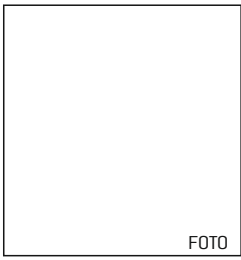
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ICY Program® è il programma di formazione con cui è stato sviluppato il metodo Group Cycling®, l'attività su bike stazionaria che soddisfa l'utente, gratifica il centro fitness e soprattutto dà all'istruttore un supporto efficace e costante nel tempo per esprimere la propria professionalità. Group Cycling®, ed il metodo di allenamento ICY Program®, sviluppano un indoor cycling moderno capace di coniugare allenamento, divertimento e sicurezza. Lo studio del metodo richiede applicazione, tempo e notevole impegno, ed è stato creato per tutti quegli istruttori che vogliono avere la possibilità di crescere, migliorare e perfezionare le proprie tecniche di insegnamento attraverso lo sviluppo del 3T System, in cui gli aspetti di pratica, teoria, metodologia e didattica, rivestono Group Cycling® di una veste unica ed inconfondibile.

**Credit System**

Advanced Clinic	10	Crediti
C.ed.	6	Crediti
Workshop	2	Crediti
Lecture	2	Crediti
O.M.R.	1	Credito



Name \_\_\_\_\_

Surname \_\_\_\_\_

Date of birth \_\_\_\_\_ Sex  F  M

Address \_\_\_\_\_ Country \_\_\_\_\_

**Yellow level**

date \_\_\_\_\_

**Grey level**

date \_\_\_\_\_

**Black level**

date \_\_\_\_\_

**Instructor Number**

G C Y

G C G

G C B

ICYFF® Date of renewal \_\_\_\_\_

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**EDUCATION** ( Advanced Clinic, C.ed., Workshop e Lecture )

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