Sport

Indoor Cycling

Campus: North Notts College - Worksop Campus
Code: W14AC02

About This Course

Pedal your way to success with this high-energy indoor cycling course. Learn how to master cycling techniques and structure engaging classes that motivate participants to push their limits. Whether you want to lead your own cycling sessions or improve your personal performance, this course will equip you with the essential skills to thrive.

What Will I Study?

Prepare to lead dynamic cycling classes with a focus on;

- Cycling techniques and endurance training
- Class structure and session planning
- Coaching and motivational techniques

Why Study Here?

Learn from industry experts and refine your skills with flexible study options, such as:

- Professional guidance and hands-on learning
- Skill refinement in a practical setting
- Flexible schedules to suit your needs

Entry Requirements

No requirements

How To Apply

You can apply using our online application form and clicking the **Apply Now** button at the top of this page.

For more information support with your enquiry or application please contact Student Services by emailing contact@nnc.ac.uk or by calling **01909 504500**.

What Courses Can I Progress Onto?

Advanced group fitness instruction courses

Tuition Fees

Those aged 19 or over may not need to pay fees depending on their circumstances. Find out if you qualify.

If you need further advice or guidance please contact the Enquiries Team on **01909 504500 .**

Additional Information

The course runs for four weeks.

PLEASE NOTE

We make every effort to ensure information within our online course directory is accurate and a true representation of the courses we are offering in 2024-25. However, we do reserve the right to make changes if necessary..

Last updated: 22nd November 2026