

## V.A.T. – VALUE ADDED TIPS

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### OVERVIEW

It can happen suddenly; at some point, you no longer have inspiration to act surprisingly. You do not know where to look. Let this course help you refresh. Do you need more tools in your Spinning® instructor toolbox? We will cover everything from pre-class preparation, Spinning® class creativity and post-class steps. You will have a renewed inspiration to create new class energy and fun by using coaching skills, heart rate games and music themes to empower the mind/body connection!

### OBJECTIVES

Tips concerning:

- Pre-class preparations
- Coaching skills
- Spinning® class creativity
- Do's & Dont's
- How to apply

### SUMMARY

Are you ready for the next step? Or are you experiencing an inspiration dip? Looking for some extras for your students? By following V.A.T., you will receive hands-on tools that you can apply tomorrow!

**Please remember to submit a session evaluation.  
Your feedback is important to us! WSSC 2019**