



## **SPIN® FUSION: CREATE A COMBO CLASS**

**Presented by Sabrina Fairchild**  
sfairchild@csuchico.edu

### **OVERVIEW**

Fusion classes are a popular option for clients who are busy and want to fit all their fitness needs into one training session. It is also a way to lure people into the Spinning® room who are not comfortable with an hour of riding. As an instructor, you will leave this workshop with solid ideas on how to program combo classes and stay within the confines of the Spinning® brand as provided in the certification manual and via all continuing education.

### **OBJECTIVES**

- 1) Spin® Flex: Resistance Training and Cycling
- 2) Spin® Yoga: Cycling, Asana and Pranayama
- 3) Fully Fused: Cycling, Resistance Training and Yoga
- 4) Formatting Fusion Classes
  - a. Training Goal / Specificity
  - b. Equipment
  - c. Timing: Reps / Set

### **SUMMARY**

There are endless combinations for fusion classes. Instructors are encouraged to be creative in their programming while avoiding any of the contraindicated movements identified in the certification manual to maintain the safety and effectiveness of our brand. We thank you for your commitment to Spinning®.

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