

Lake Cycle Instructor Training

Participant details, tuition & refunds

Unless Lake LLC DBA Lake Cycle | Training Agreement & Acknowledgment

Participant full name

Email address

Phone number

Training dates

1. Purpose & completion requirements

This agreement is between Unless Lake LLC DBA Lake Cycle ("Lake Cycle") & the participant named above. The 14-hour program comprises 10 classroom hours & 4 hours of curriculum-supported work for practice, the community ride & final exam. It is continuing education, not a promise of employment or a NASM/AFAA professional certification.

Completion requires all classroom hours (Friday: 2; Saturday: 4; Sunday: 4), a 20-minute teach-back during training, completion of assigned coursework, a final exam score of at least 80%, & teaching one 45-minute community class. A Lake Cycle Certificate of Completion is issued only after all requirements are satisfied. Approved CEU values, if applicable, are those assigned to the course by the approving organization, not inferred from training hours.

2. Tuition selection - select one

- ☐ Standard tuition: \$499, paid in full at registration.
- ☐ Early bird: \$449, limited to the first five trainees registered & paid in full.
- ☐ Installment plan: \$499; early bird discount does not apply.

Installments: \$124.75 (25%) by October 31, 2026; \$124.75 (25%) by November 30, 2026; \$249.50 (50%) by Friday, December 18, 2026. All tuition must be paid before a Certificate of Completion is issued.

3. Written cancellation & refunds

Send cancellation requests to LakeCycleConcord@gmail.com. The date received determines the refund: through October 31, 2026: 100% of tuition paid; November 1-30, 2026: 50% of tuition paid; after November 30, 2026: no refund. This schedule applies to payments received, including installments. Materials & supplies are purchased in advance. Illness, injury, scheduling conflicts & missed sessions do not create an exception, except where required by law. This policy concerns participant cancellations & does not waive rights if Lake Cycle cancels or fails to provide the program.

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Materials, confidentiality & participation

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4. Employment & representation

Participation or completion does not guarantee an audition, employment, placement or a teaching role at Lake Cycle or another studio. Each studio sets its own hiring & credential requirements. Completion does not authorize the participant to act as an employee, agent or authorized training provider of Lake Cycle, NASM or AFAA, or to use their logos or branding without permission.

5. Materials ownership & limited permission

Lake Cycle retains its rights in its original manuals, written content, presentations, assessments, recordings, graphics & other program materials. Third-party materials remain owned by their respective owners. Participants receive a limited, nonexclusive, nontransferable permission to use supplied materials for personal education & reference.

Without prior written permission, participants may not share, distribute, sell, publish, upload, scan, reproduce or adapt protected materials to deliver another training program, except as permitted by law. Restricted digital access, exam questions & answer keys may not be shared. Participants may apply general skills & knowledge learned during training; this agreement does not claim ownership of general cycling methods or public information.

6. Confidentiality & privacy

Participants must protect nonpublic business information & restricted training information identified as confidential or reasonably understood to be confidential. Disclosure requires prior written permission. This obligation excludes information publicly available without a breach, independently developed, lawfully obtained elsewhere, or required to be disclosed by law.

Recording training sessions requires Lake Cycle's written permission. Publishing another trainee's, instructor's or rider's identifiable image, personal information or private disclosures also requires that person's consent. Lake Cycle may use information on this form to administer registration, payment, training & completion records, & share it with service providers or credentialing organizations as reasonably necessary for those purposes or as required by law. This agreement does not grant promotional photo or video consent.

7. Physical participation & assumption of risk

Indoor cycling, exercise, bike setup & teaching practice involve risks, including falls, equipment-related incidents, muscle strain, injury & medical events. I understand these risks & voluntarily participate. I will follow safety instructions, use equipment as directed, stop if I experience concerning symptoms, & notify the instructor if I need an accommodation. I will seek appropriate medical guidance if I am unsure whether participation is suitable for me.

I assume the inherent risks of voluntary physical participation to the extent permitted by law. This provision does not release Lake Cycle from liability for negligence, reckless or intentional misconduct, or obligations that cannot legally be waived.

8. Enforcement & governing law

Lake Cycle may seek remedies available under applicable law for unauthorized reproduction, distribution or disclosure, including damages & injunctive relief. Attorney's fees & costs may be sought only where legally authorized. No remedy or court outcome is guaranteed. Ohio law governs, subject to applicable federal law. If a provision is unenforceable, the remaining provisions continue to apply to the extent permitted by law. Nonwaivable legal rights are preserved.

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Participant acknowledgment & signature

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Review every section before signing. Initial each acknowledgment below. This form must be completed & acknowledged before participation.

Initials

I understand the course requirements & that completing the program does not guarantee a job or teaching position.

Initials

I understand my selected tuition arrangement, installment deadlines & early bird eligibility.

Initials

I understand the cancellation deadlines & refund percentages, including the policy for illness, injury & missed sessions.

Initials

I agree to the restrictions on reproduction, distribution, recording, confidential information & participant privacy.

Initials

I understand the physical risks & agree to follow safety instructions & participate within my abilities.

Electronic acknowledgment

I have read all three pages, understand the terms & have had an opportunity to ask questions. By typing my name below & submitting this completed form to Lake Cycle, I intend my typed name to serve as my electronic signature & agree to these terms. I may instead print & sign the form by hand. I should retain a copy for my records.

Participant signature - type full legal name

Date signed

Lake Cycle representative (staff use)

Date (staff use)

To complete electronically: open in a PDF reader that supports forms, fill the fields, save the completed PDF & email it to LakeCycleConcord@gmail.com. Saving or typing alone does not submit the form.