October 30, 2025

Pilates Rise

Digital Training Complete!

This document certifies that **Nina Ann Phan** has completed the training "Pilates Rise - Digital Training"

Course summary: Evolve your Pilates practice with our contemporary approach that sculpts your core, glutes, and full body. Start with classical Pilates movements, then intensify, build, and burn for a transformative Pilates experience. An Equinox exclusive.

provided by EQX Group Fitness

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