December 15, 2024

2-in-1 Circuit Training

Digital Training Complete!

This document certifies that **Elese Rose** has completed the training "2-in-1 Circuit Training - Training Prep"

Course summary: Whipped + Ropes and Rowers — Work through timed intervals cycling between specially designed stations to build strength and endurance.

provided by EQX Group Fitness

To check the authenticity of this document, please contact: peyton.royal@equinox.com

Reference Number: 3131546862286470

You can also find this document on the Internet at the following address: https://equinox.360learning.com/redirect/api/certification/3131546862286470