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# Pilates at the Barre

## Digital Training Complete

This document certifies that **Pamela Nahal** has completed the training "Pilates at the Barre - Post-Training Review"

Course summary: Elevate your Pilates practice using the barre. Harness the power of the triple-barre system and resistance bands to challenge your core and sculpt every muscle. With exercises rooted in Pilates, this class builds strength, stability and definition in a way only we can deliver. An Equinox exclusive.

provided by EQX Group Fitness

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

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