



October 21, 2024

Rhythmic Sculpt

Digital Training Complete!

This document certifies that **Jeff McMullen** has completed the training "Rhythmic Sculpt - Digital Training"

Course summary: Move to the beat in this dynamic Sculpt class, designed to keep you in steady continuous motion without any high- impact moves. This mid-intensity workout will shape and tone your body and increase your endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.

provided by EQX Group Fitness

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