August 10, 2024

Precision Ride

Digital Training Complete!

This document certifies that **Carolyn Mellace** has completed the training "Precision Ride - Training Prep"

Course summary: An entirely new performance-based cycling class using precision metrics to guide your effort and quantify gains over time. Motivated by an energizing playlist and the community of the pack, you'll push your limits to build endurance and increase your aerobic capacity. An Equinox exclusive.

provided by EQX Group Fitness

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