



June 20, 2024

Cycle Beats + Bands

Digital Training Complete!

This document certifies that **Pamela Nahal** has completed the training "Cycle Beats + Bands - Digital Training"

Course summary: Cycle Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving Equinox exclusive.

provided by EQX Group Fitness

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