August 10, 2026

Barefoot Sculpt: Bala Ring

Digital Training Complete!

This document certifies that **Ellie Diez** has completed the training "Barefoot Sculpt: Bala Ring - Digital Training"

Course summary: A low-impact sculpt class built around the Power Ring by Bala. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.

provided by EQX Group Fitness

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