July 4, 2024

Sculpted Yoga™

Digital Training Complete!

This document certifies that **Elese Rose** has completed the training "Sculpted Yoga™ - Digital Training"

Course summary: Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. 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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