October 21, 2025

# Stronger Women

## Digital Training Complete!

This document certifies that **Nina Ann Phan** has completed the training "Stronger Women - Digital Training"

Course summary: Show up for yourself, so you can show up for others. Strength extends beyond the four walls of the club. Optimized for women; beneficial for anyone. This limited class series, scientifically designed to push you to your edge, will help you gain the physical and mental strength you need every day. Ditch the cardio and use heavier weights to reach your goals. An Equinox exclusive.

provided by EQX Group Fitness

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Reference Number: 8921188563804723

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