



FSSATM
Fitness and Sports
Sciences Association

THIS CERTIFICATE IS AWARDED TO

Ayaan Khan

IN RECOGNITION OF SUCCESSFUL COMPLETION
OF THE CONTINUING EDUCATION

COURSE ENTITLED

REFORMER PILATES

CONTENT COVERED:

ALIGNMENT TECHNIQUES
CUEING SKILLS
CREATING MUSCLE BALANCE
LEARNING FOOTWORK
LEARNING CORE CONTROL
LEARNING ARMS AND LEGS SERIES

DATE: 3RD - 4TH SEPT, 2019

LOCATION: FARIDABAD

Gurmit Singh Dua
CEO & FOUNDER

Dr (MPT) Ankita Malhotra
HEAD OF TRAINING