The Gymnastics Course Trainer Certificate is awarded to

Cass Lam

Who has fulfilled the requirements and completed the prescribed course in the fundamentals of teaching gymnastics to others in a CrossFit® environment.
This certificate grants the distinction of Functional Gymnastics Trainer, a CrossFit® Approved Course.

Nathan Bird

Nathan Bird
GYMNASTICS TEAM DIRECTOR

October 20, 2024

AWARDED ON

Gymnastics course Level 1

14 CEUs