

AKADEMIA RUCHU
PLACÓWKA KSZTAŁCENIA USTAWICZNEGO
I DOSKONALENIA ZAWODOWEGO
Zaświadczenie nr 03/Ośw.P./2008
tel. (0-22) 215 76 23

GYMSTICK™ NORDIC WALKING GYM INSTRUCTOR LICENSE

license number 9

NAPIERAŁA KAMIL

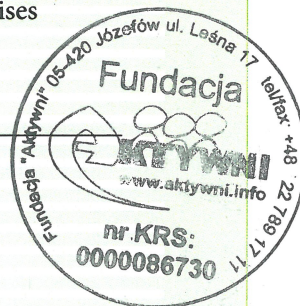
has completed the GYMSTICK™ Nordic Walking Gym Instructor training program.
He/she is therefore entitled to teach Gymstick Nordic Walking Groups and Individuals and to
use the official Gymstick™ brand name and logo for marketing.

Member of the World Gymstick Team

GYMSTICK™ NORDIC WALKING GYM training program (8 hours)
consists of the following subjects:

FUNDACJA AKTYWNI
Organizacja Pożytku Publicznego
KRS: 0000086730
05-420 Józefów, ul. Leśna 17
Regon: 010365610 NIP: 524-03-16-426
tel. 022 789-17-11

- The History and use of Gymstick Nordic Walking Gym
- Operational Anatomy of Gymstick training
- The use of Gymstick Nordic Walking Gym
- Creating and instructing a comprehensive Gymstick Nordic Walking Gym class including Nordic Walking and Gymstick muscle condition exercises
- Gymstick movement catalogue



This license has been granted by the World Gymstick Team (WGT) and by the
Master Trainer of Gymstick Nordic Walking

Place and date _____

Risto Kasurinen
Head Master Trainer of Gymstick NW (WGT)

Miika Vesalainen
Master Trainer of WGT

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