



THIS CROSSFIT ONLINE COURSE CERTIFICATE IS AWARDED TO

Maria Avgerou

CFID 2537058

FOR SUCCESSFUL COMPLETION OF CROSSFIT'S ONLINE LESSON PLANNING COURSE.

A stylized, handwritten signature in black ink, appearing to read "Nicole Carroll".

Nicole Carroll  
General Manager  
CrossFit Training and Education

**CrossFit**  
LESSON PLANNING  
COURSE

AWARDED ON

2024-01-11