

GYMSTICK™ BASIC  
INSTRUCTOR'S LICENCE

license number 1568

Michael Holzner

has completed the GYMSTICK™ BASIC LICENSED INSTRUCTOR'S training program.  
He/she is therefore licensed to teach GYMSTICK™ BASIC group classes and to use the  
official Gymstick™ brand name and logo for marketing.

GYMSTICK™ BASIC training program (8 hours) consisted  
of the following training classes:

- The history and use of the Gymstick
- Operational anatomy and Gymstick training
- Movement capability and exercise for the elderly
- Gymstick Basic – creating and instructing a Gymstick Basic Class
- Gymstick Basic – the structure and music of a Gymstick Class
- Gymstick Basic – movement development and the movement catalogue

For additional information log on to: [www.gymstick.net](http://www.gymstick.net)

THIS LICENSE HAS BEEN GRANTED BY THE WORLD GYMSTICK TEAM (WGT) AND  
BY THE MASTER TRAINER OF GYMSTICK BASIC

Place and date Innsbruck, 7.11.2009



Sanna Kasurinen  
Head Master Trainer of WGT