

# FITNESS AND MUSCLE TONING

MONDAY & WEDNESDAY GYM B AT 12:00



## THE STRUCTURE OF THE COURSE IS:

**15-30 MINUTES  
OF LOW IMPACT  
AND NON  
CHOREOGRAPHIC  
WORK FOR  
CARDIOVASCULAR  
FITNESS**

**20-35 MINUTES  
OF MUSCLE TONING  
USING FREE BODY  
MOVEMENTS,  
TOGETHER WITH  
WEIGHTS OR  
OTHER EQUIPMENT,  
EITHER STANDING  
OR ON THE MAT**

**10 MINUTES  
OF STRETCHING  
FOR MUSCULAR  
RELAXATION AND  
LENGTHENING**

**THE COURSE IS APPROPRIATE TO ALL FITNESS LEVELS, FROM  
THE ATHLETE TO SEDENTARY, INCLUDING THOSE WHO HAVE  
PROBLEMS WITH THEIR BACK OR WITH POSTURE**

**TEACHER: MARCO ANGELUCCI**

**FEES: 8 CLASSES: € 65**

**(TO BE USED WITHIN 2 MONTHS)**

**INFO AND BOOKING: [fao-staff-coop@fao.org](mailto:fao-staff-coop@fao.org)**

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