



PILATES + LBT(GAG)



LESSON COMBINING PILATES TECHNIQUES WITH THE BENEFITS OF GAG MUSCLE TONING, FOCUSING ON ABDOMINAL AND GLUTEAL LEG WORK THROUGH BREATHING AND ISOMETRIC HOLDING, THE FUNDAMENTAL CHARACTERISTICS OF PILATES WITH A LOW-IMPACT CARDIO WARM-UP

THURSDAYS - GYM B
17:00-18:00
(MIN. 4 PARTICIPANTS REQUIRED)

Instructor: Silvia Pisano

FEES:

8 CLASSES: 65€ (TO BE USED WITHIN 2 MONTHS)

4 CLASSES: 36€ (TO BE USED WITHIN 1 MONTH)

1 CLASS: 10€

FIRST TRIAL LESSON: 10€ WHICH WILL BE DEDUCTED FROM THE PACKAGE CHOSEN IN CASE OF REGISTRATION



**PLEASE RESERVE YOUR SPOT BY EMAILING: FAO-STAFF-COOP@FAO.ORG
FOR INFORMATION: 0657053142**