



# **SOFT GYMNASTICS FOR RETIREES**

**with Giampiero Bartolucci**

**2025/2026**

**Wednesdays & Fridays  
in GYM A (FAO)  
from 10:30 to 11:30 am**

**Hello everyone, finally after a long time the gentle gymnastics course for pensioners is back! The 50-minute lesson aims to keep the body and mind in balance and harmony. A series of simple but very functional exercises, performed sitting, standing and on the floor. The lesson is suitable for everyone and is a pleasant way to meet and get together. Also spouses are invited to join!**

**Giampiero**

**FIRST TRIAL LESSON FREE OF CHARGE**

**FEES:**

**15€ X SINGLE CLASS**

**€80 X 8 CLASSES (2 month-validity)**

**For more information and registration, please contact  
[Fao-staff-coop@fao.org](mailto:Fao-staff-coop@fao.org) / 0657053142**