



NEWSLETTER

NOVEMBER 2022

fitnesspertutti.it

Via Maurizio Quadrio, 21



# PILATES

GRAVITY

**Shape your body using the gravity effect!**

**Book your lesson with Carmelo**

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

**0657053142**

**Price list (discount for Coop  
Members) Small groups:  
1 lesson – 20 Euro  
10 lessons – 170 Euro**

## **Get your workout with Carmelo!**

***Carmelo De Stefano is a qualified personal trainer with many years of experience in the world of Fitness. He is the supervisor of the Gym Fitnesspertutti in Via Maurizio Quadrio 21 and of Fitness c/o Pi Campus Roma. He also works as Fitness and TRX teacher at: Fitness First Health Club Roma Termini, Piscina delle Rose, Sporting Club Ostiense, TRX - Villa Pamphili, Villa Borghese, Eur, Villa Ada, Caracalla park and Appia park.***

\* Kindly note that FAO Staff Coop is in no way responsible for services provided by third parties, who respond directly to clients.