



NEWSLETTER

NOVEMBER 2022

OUTDOOR Work-out CARACALLA



TRX

**THE IDEAL ALTERNATIVE TO TONE AND DEFINE YOUR
ABS, GLUTES AND YOUR WHOLE BODY**

For Info and Booking: 0657053142 -

fao-staff-coop@fao.org

Price list
(discounted price for Coop Members)

**1 lesson – 15 Euro 10 lessons –
120 Euro Monthly (twice a week) –
75 Euro**
Three-month (twice a week) – 190 Euro
Lesson with personal trainer – 45 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.