



Newsletter

November 2022

**FAO Staff Coop
In collaboration with**

PLEXUS

Holistic health and fitness centre, providing pilates, yoga, personal fitness training,
nutrition and massage therapy in English, Italian and German
Via Arenula 53, 00186 Rome

E-mail: plexus@theplexus.it

Website: www.theplexus.it



**15% reduction on our private and duet sessions and services and
50% reduction on our group sessions for Coop Members**

Autumn Open Day

Join us for our “**Autumn Open Day**” on **Wednesday, November 16th** at PLEXUS
in Via Arenula 53, from 6pm to 8pm.

Experience a free 1 hour “Plexus Method” workout session and enjoy healthy
autumn snacks and a free consultation with our genetic nutritionist about how to
boost your immune system. “The Plexus Method”, takes the best of Pilates, Yoga
and Functional Fitness. Moving your body entering the colder season is very
beneficial to boost your immune system. We are looking forward to seeing you!

In order to organize the event in the best way possible we kindly ask you to sign
up by email at: plexus@theplexus.it or by phone at +393498261922.

About Plexus

Plexus was created by international health experts and husband and wife team Jonathan and Teresa,
this innovative lifestyle and method draws on years of experience in the fitness and health industry to
help you live your best life. Whether you are looking to improve your overall health and longevity, or are
simply looking for ways to stay active and fit, Plexus has the tools you need. With our unique approach
that combines cutting-edge science with tried-and-true exercise techniques, we offer a holistic program
that is unlike any other. So, if you are ready to make positive changes in your life and body, look no
further than Plexus – the future of health and wellness!

We offer a multitude of health options and services at our studio located in the heart of Rome easily accessible by public transportation.



LIFE AND HEALTH COACHING

We all want to be our best selves, but sometimes we need a little help getting there. That's where life and health coaching comes in. We will co- create a plan of the life you envision.



NUTRIZIONE

Food is a powerful medicine. No boring calorie counting! We will assess, develop, implement, and evaluate nutrition care plans with specific DNA testing in order to improve your health and well-being and work on an individualized plan.



PHYSICAL THERAPY

We look at the whole body to ensure that we provide the most effective care possible. Our therapists are highly skilled and knowledgeable, whether you're dealing with acute pain or working towards long-term recovery, we'll be there to support you.



TRATTAMENTI ESTETICI E MASSAGGI

Rejuvenate and feel good and relax with our Chinese therapy or beauty treatments. Whether you're looking to reduce stress, ease muscle pain or simply enjoy some pampering, our experienced therapist will meet your needs.

Plexus method Workout



Plexus merges the best of key health disciplines into one unique and effective method, proven to prevent and resolve complex health issues. It was created as a result of over 25 thousand hours in the health and fitness field. With this method you will become the best version of yourself. We take you from rehabilitation to athletic performance. The plexus Method can help with cardiovascular health, muscular and skeletal improvement through resistance exercises, better mood, toned and defined muscles, better sleep.

Classical Pilates



If you're looking for a fully equipped Pilates studio, look no further. In direct lineage with Joseph Pilates, the original creator of the method, our teachers are more than qualified to meet your needs. Whether you're looking to improve your flexibility, maintain muscle tone, or stay in shape, we have a class for you. Our Privates and Duets are perfect for those who want individualized attention, while our group matwork classes are great for those who want to workout together.



Other Services are:

**Yoga for all levels
Physical Therapy
Osteopathy
Health Coaching
Life Coaching
Nutritionist
Pre/Post Natal Workout
Massages
Beauty Treatments
Meditation
Cranial Sacral**

We offer at the studio genetic and epigenetic tests such as:

**Discover your biological age
Allergies and intolerances
Genetic diet consultations and plans**

We are multilingual and teach or provide services in English, Italian, German.

Prices vary between 80 Euro - 90 Euro for private sessions and our services.

Our group lessons are 30 Euro per person.

The genetic testing is not applicable for discount since we collaborate with an external lab.

Exclusively for FAO Staff Coop Members we offer a 15% discount on our private and duet sessions and services, and a 50% discount on our group sessions.

To benefit from the dedicated promotion, Coop members must show their FAO Staff Coop membership card at the moment of the registration (to get your card, please email fao-staff-coop@fao.org sending a passport-size photograph in order to receive your digital membership card by email).

Plexus

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Website: www.theplexus.it

International Health Center Rome s.r.l.

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