

# OUTDOOR Work-out CARACALLA



## FREE 1HOUR TRX TRAINING

ON THURSDAY 23 FEBRUARY AT 13:00

AT THE PARK OF CARACALLA (IN FRONT OF THE FAO BUILDING)

WITH THE TRAINER CARMELO DE STEFANO

*For info and booking:*

0657053142 – [fao-staff-coop@fao.org](mailto:fao-staff-coop@fao.org)

## 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.**

**If you are interested in having outdoor lessons with him, you can find his pricelist here below.**

### **Price list (reserved for Coop Members):**

**1 lesson – 15€**

**10 lessons – 120€**

**Monthly (twice a week) – 75€**

**Three-month (twice a week) – 190€**

**Lesson with personal trainer – 45€**

*N.B. In order to take part in the proposed activities, you have to become a member by registering on our website (<https://www.faostaffcoop.org>). If you already are a member, you can just renew your membership for the year 2023.*