



# PILATES & AEROBICS With Annie Rahman



**Online Aerobics Classes (Total Body):  
Mondays and Wednesdays  
from 12 to 1 pm  
On Zoom**

**Online Pilates Classes:  
Mondays and Wednesdays  
from 1pm to 2pm  
On Zoom**

**Classes are open to multi-level practitioners  
First class FREE OF CHARGE  
Cost for 4 classes (1H): €32 - Cost for 8 classes (1H): €60  
(for Coop members only)**

**For info and registration: [fao-staff-coop@fao.org](mailto:fao-staff-coop@fao.org) / 0657053142**

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