

OUTDOOR Work-out CARACALLA



1HOUR TRX TRAINING

ON WEDNESDAYS 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

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 a 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.

Price list (reserved for Coop Members)

Group Lessons:

2 lessons – 30€

5 lessons – 60€

Monthly (twice a week) – 75€

Three-month (twice a week) – 190€

Lesson with personal trainer – 45€

Group lessons will start with a minimum number of 3 participants.

Please note that any inability to attend the class must be reported to the instructor by 10 p.m. the day before.

Otherwise, the class will be considered as done

N.B. In order to take part in the proposed activities, you need 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.