

SWEAT – TONE – STRETCH

(SWEAT – TONE AND LENGTHEN YOUR BODY WITH RICH)



**REDISCOVER YOUR BODY
WITH MY WORKOUT.**



**THIS COMPREHENSIVE WORKOUT COMBINES STRENGTH, ENDURANCE, AND
MOBILITY FOR A BALANCED AND EFFECTIVE ROUTINE!**

**JOIN ME FOR THE VERY FIRST SESSION AND START YOUR NEW JOURNEY
TOWARDS A STRONGER, HEALTHIER, AND MORE FLEXIBLE BODY.**

OPEN DAY

THURSDAY, JUNE 12

FROM 1 TO 2 PM (GYM B)

CLASSES EVERY TUESDAY (GYM C) AND THURSDAY (GYM B) FROM 1 PM TO 2 PM.

COST: €15 FOR A SINGLE CLASS / €100 FOR A PACKAGE OF 10 CLASSES (VALID FOR A
MAXIMUM DURATION OF 2 MONTHS).

FOR INFO & BOOKING: FAO-STAFF-COOP@FAO.ORG / 0657053142.

INSTAGRAM MINDSET_BYRICH

KINDLY NOTE THAT FAO STAFF COOP IS IN NO WAY RESPONSIBLE FOR SERVICES
PROVIDED BY THIRD PARTIES, WHO RESPOND DIRECTLY TO CLIENTS.