



# FULL FIT BODY

GET TO WORKOUT WITH WEIGHTS,  
ENJOY CIRCUIT TRAINING AND  
ACHIEVE YOUR FITNESS GOALS!

**FREE  
TRIAL  
CLASS!**

**TEACHER: UMAIR JAVED**

**M.S Exercise Science & Sports Nutrition USA**

**8 Classes: €100 (valid for 2 months)**

**Single class: €20**

**Mondays 13:00 GYM A**

**Wednesdays 13:00 GYM C**

**For more info. please contact Umair: +39 3517454941**

**\*Rooms may be subject to rotation.**

**For booking: FAO Staff Coop, Room E016**

**fao-staff-coop@fao.org / 0657053142**