GYM TONIC



with Giampiero Bartolucci

Giampiero Bartolucci has been teaching at FAO for many years, with a group of students who appreciate and value his method.
Giampiero comes from a dancing background and his lesson, with a methodical routine, aims to tone the muscles in a natural and harmonious way like that of a dancer.
The lesson, which last 50 minuter, consists of a series of rhythmic musical exercises, aimed at all muscle groups, ending with relaxation and streaching.

WEDNESDAYS (GYM C)

AND FRIDAYS (GYM A)

13:00 TO 14:00

FIRST TRIAL LESSON FREE OF CHARGE

FEES:

€15 X SINGLE CLASS

€80 X 8 CLASSES (2 month-validity)

Coordinator: Debora Casalvieri - debora.casalvieri@fao.org / ext. 52620

Info and booking: fao-staff-coop@fao.org / 0657053142

Kindly note that FAO Staff Coop is in no way responsible for services provided by third parties, who respond directly to clients.