



GYM MUSIC

with Giampiero Bartolucci



GYM A (FAO)

WEDNESDAYS AND FRIDAYS

13:00 TO 14:00

Starting on 10 January 2024

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 lasts 50 minutes, consists of a series of rhythmic musical exercises, aimed at all muscle groups, ending with relaxation and stretching.

FIRST TRIAL LESSON: FREE OF CHARGE

FEE: €80 EURO X 10 CLASSES (to be used within 2 months)

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

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