



LOTTE BERK with Tiki Bannan

Starting on 28 November



The Lotte Berk Method of Exercise

Famous for the tummy flattening, thigh-firming regime of exercise practiced by Lotte Berk, based on dancers training movements, a star-dudded clientele from London to New York, and Capitals in between, has followed faithfully the Lotte Berk method of exercise.

The secret of its enduring success? Simple...it works!

About the teacher: a qualified Lotte Berk instructor, Tiki underwent the rigorous training to teach the Lotte Berk method in London and was trained by Lotte personally. She has taught the demanding Lotte Berk Method (also known as Body Sculpture) in FAO for many years.

CLASS SCHEDULE: Tuesdays & Thursdays from 12 to 13 in Gym A

**Coordinator: Cristina Alderighi
cristina.alderighi@fao.org / ext. 53067**

First lesson free of charge
Fee: 80€ for 8 lessons
(to be used within two months)

**For Booking: fao-staff-coop@fao.org
0657053142**