

FAO STAFF COOP FITNESS AND MUSCLE TONING



THE STRUCTURE OF THE
COURSE IS VERY SIMPLE:

15-30 MINUTES OF LOW IMPACT AND NON CHOREOGRAPHIC
WORK FOR CARDIOVASCULAR FITNESS

20-35 MINUTES OF MUSCLE TONING USING FREE BODY MOVEMENTS,
TOGETHER WITH WEIGHTS OR OTHER EQUIPMENT,
EITHER STANDING OR ON THE MAT

10 MINUTES OF STRECHING FOR MUSCULAR RELAXATION AND LENGTHENING

THE COURSE IS APPROPRIATE TO ALL FITNESS LEVELS, FROM THE ATHLETE TO SEDENTARY,
INCLUDING THOSE WHO HAVE PROBLEMS WITH THEIR BACK OR WITH POSTURE

INFO AND BOOKING: fao-staff-coop@fao.org / 0657053142

STARTING DATE:
4 DECEMBER

SESSIONS:

MONDAYS AND WEDNESDAYS
12:00 TO 13:00 (GYM B)

TEACHER:

MARCO ANGELUCCI

FEES:

8 CLASSES: €60
(to be used within 2 months)