

FITNESS AND MUSCLE TONING

MONDAYS & WEDNESDAY GYM B AT 12:00



THE STRUCTURE OF THE COURSE IS:

**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 STRETCHING
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**

TEACHER: MARCO ANGELUCCI

FEES: 8 CLASSES: € 60

(TO BE USED WITHIN 2 MONTHS)

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