



Functional Training

Mondays from 12:00 to 13:00 - Gym A

Thursdays from 12:00 to 13:00 - Gym C



Starting date: 13 November 2023

A way to enjoy while achieving a good body efficiency and flexibility.

Teacher: Monica Mancini

University Degree in Physical Education and Sport Sciences

Functional Trainer

Personal Trainer

Physical Trainer

Polestar Teacher

C.T. during the ParaOlimpic Games - Atlanta 1996

C.T. during the ParaOlimpic Games - Sidney 2000

First trial: free of charge

10 classes: €80 (to be used within 60 days)

Single class: €10

For information please contact :

Monica: +39 3281397538 ;

or Coordinator: Cinzia Romani - Email cinzia.romani@fao.org / Ext. 53043

For registration: FAO Staff Coop, Room E016, Ext. 53142 / fao-staff-coop@fao.org