



# GYM BOXE & PRE PUGILISTICS

**GYM C - MONDAYS  
17:00-18:00**

**GYM A - THURSDAYS  
17:00-18:00**



## ***ABOUT THE INSTRUCTOR: JASMINA KERFA***

BORN IN GALLARATE (LOMBARDY), OF ITALIAN-ALGERIAN NATIONALITY, FOR SEVERAL YEARS SHE WORKED AT BOXE URSUS IN MILAN, A HISTORICAL GYM IN THE CITY OF MILAN, WHERE SHE GREW UP AND PRACTISED BOXING AND THAI BOXING.

SHE MOVED TO ROME IN 2018 AND OBTAINED THE GYM BOXING AND BOXING COMPETITION INSTRUCTOR CERTIFICATE, A CERTIFICATION ISSUED BY THE ITALIAN BOXING FEDERATION, WITH WHICH SHE IS REGISTERED AS A TECHNICIAN.

IN 2021, SHE OBTAINED THE TITLE OF ITALIAN GYM BOXING CHAMPION.

**1 CLASS: 15€  
10 CLASSES: 80€ (TO BE USED WITHIN 60 DAYS)  
4 CLASSES: 50€ (TO BE USED WITHIN 30 DAYS)  
FIRST TRIAL CLASS: FREE OF CHARGE**

**FOR INFO AND BOOKING: FAO STAFF COOP - ROOM EO 16 (FAO)  
0657053142 - FAO-STAFF-COOP@FAO.ORG**

THE BOXING COURSE OFFERS NUMEROUS BENEFITS, FOR BODY AND MIND. BOXING IS IN FACT A COMPLETE AND VERY DYNAMIC DISCIPLINE THAT ALLOWS YOU TO BURN CALORIES QUICKLY AND INCREASE YOUR SELF-CONFIDENCE. BOXING ALLOWS YOU TO RELIEVE THE STRESS ACCUMULATED DURING THE DAY AS THE CONCENTRATION REQUIRED AND THE PHYSICAL EXERTION MEAN THAT DURING TRAINING, YOU CAN COMPLETELY ESCAPE FROM THE THOUGHTS THAT NAG AT YOU.

#### SELF-DEFENCE:

BY PRACTISING BOXING, ONE LEARNS SELF-DEFENCE, TO RESPOND MORE QUICKLY TO STIMULI, THANKS TO FASTER REFLEXES. KNOWING HOW TO DODGE BLOWS AND ACHIEVE SELF-CONTROL ALLOWS YOU TO BETTER HANDLE DANGEROUS SITUATIONS.

