



PILATES

with Federica Silvestrini



Mondays: 17:00 to 18:00 / 18:00 to 19:00

Wednesdays: 17:00 to 18:00

GYM A

starting date: 13 November

The Pilates method will transform the way your body feels, looks and moves. It will teach you to become aware of your body, improving your posture and ability to move with ease. It will increase flexibility agility and the joy of moving.

Goals:

- Builds long muscles and agile joints
- Develops strong abs with correct breathing
- Creates a harmonious body by improving posture
- Improves the relationship between mind and body
- Finally you will have a longer, toned body with slender legs and flat abs

First trial: free of charge

8 classes: 75 euro (to be used within a month)

4 classes: 40 euro (to be used within a month)

For info and booking: FAO Staff Coop - Room E016

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