



NEWSLETTER

fitnessspertutti.it

October 2021

Via Maurizio Quadrio, 21

PERSONAL TRAINER

BUNGEE FITNESS

Gravity **PILATES**

POSTURALE

INDIVIDUAL

SPINNING

WALK TO VILLA PAMPILI
AND EASY EXERCISES

TRX AT VILLA PAMPILI

Massagge

SPORTS AND DECONTRACTING

Hello!

Choose if you want to have your workout in the Gym, at home or outdoor. You will get the best results with custom workout, but you can also choose group workouts, which are entertaining and effective as well!



Pricelist
(discounted price for Coop Members)

1 lesson: 15 euro
10 lessons: 120 euro
Monthly (twice a week): 75 euro
Three-month (twice a week): 190 euro
Lesson with personal Trainer: 45 euro

**Get your workout with
Carmelo!**

***Carmelo De Stefano is a qualified personal trainer with many years of experience in the world of Fitness.
He is the supervisor of the Gym Fitnesspertutti in Via Maurizio Quadrio 21 and of Fitness c/o Pi Campus Roma.
He also works as Fitness and TRX teacher at:
Fitness First Health Club Roma Termini,
Piscina delle Rose,
Sporting Club Ostiense,
TRX - Villa Pamphili, Villa Borghese, Eur, Villa Ada,
Caracalla park and Appia park.***

***For info and bookings,
please email fao-staff-coop@fao.org
or phone us at +39 0657053142***