



GYM LAB PERSONAL TRAINING STUDIO

Viale degli Astri (EUR – Torrino), 24, 00144 Roma RM, Italia

GymLab is not a typical major gym's weight room, but a Personal Training Studio.

The place where you can forget about confusion and endless queues of people waiting for gym equipment, because in our weight room you are completely alone!

You have an entire hour from a professional trainer dedicated entirely to you, where you will receive all the attention needed during the exercises for the correct execution of every single movement and proper posture.

OUR 'FITNESS' VISION

The importance of 'posture' is at the base of our philosophy. To make a mistake in performing an exercise, and above all to hurt oneself, is very easy! The postural aspect is definitely underestimated, while it should be instead at the base of our daily life as it is simply fundamental! Practicing physical activity with certain criteria will allow you not only to feel stronger and fit, but above all to eliminate all those back and joint pains that have been haunting you throughout the day. Practicing any kind of sport means you are moving.... Life is movement, and it's only in your hands!





PROMOTION FOR FAO STAFF COOP MEMBERS

Personal Training

(fitness/functional/postural/rehabilitation):

Individual training:

Single lesson 40€ (instead of 45€)

Package 2 lessons a week
(8 lessons in total) 290€ (instead of 320€)

Package 3 lessons a week
(12 lessons in total) 380€ (instead of 420€)

Training in pairs:

Single lesson €55 (instead of €60)

Package 2 lessons a week
(8 lessons in total) €360 (instead of €400)

Package 3 lessons a week
(12 lessons in total) €430 (instead of €480)

To benefit from the dedicated promotion, Coop members must show their FAO Staff Coop membership card at the info point (to get your card, please email fao-staff-coop@fao.org sending a passport-size photograph in order to receive your digital membership card by email). We will issue physical cards in our office immediately after our reopening (it is required to bring us a passports-ize photograph).



<https://www.gymlabpt.com/>

more info: gymlabsrls@hotmail.com / +39 393 826 5690

*Kindly note that FAO Staff Coop is in no way responsible for services provided by third parties who respond directly to clients.