

POSTURAL GYM AND MUSCLE FUNCTIONALITY WITH GIAMPIERO BARTOLUCCI (@PIO IX)

Greetings to all FAOSTAFFCOOP members!
I'm Giampiero Bartolucci, a long time
FAO Staff Coop GymTrainer.
Unfortunately, the pandemic period we are facing
has forced us to isolate and stay away from gym
centers, with the consequent negative result in
our physical and psychological well-being.

We need to come back to our usual "normality",
therefore, as of **11 January, every Tuesday and
Thursday, from 12:00 to 12:50**, at the gym
center of Pio IX school at Aventino, I am
offering gym sessions which are particularly
targeted to our posture and muscle
functionality.

If you are interested, please call me at
339-7793250 as the number of participants is
limited to only 16 members. Please note that a
mandatory requirement is the membership to the
FAOSTAFFCOOP in order to participate.

Best wishes for the coming Season,
hoping to see you soon.



*Please remember to show your FAO Staff Coop membership card
(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).*