



GYM LAB PERSONAL TRAINING

BECOME THE BEST VERSION OF YOU

Viale degli Astri, 24, 00144 Roma RM, Italia



GymLab is not a typical major gym's weight room, but a “Personal Training Office”. 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!



GYMLAB
Personal Training Studio



PERSONAL TRAINING

Individuale & di Coppia



10%
OFF*



PROMOTION FOR COOP MEMBERS

(valid until 31.12.2025)

PERSONAL TRAINING

(fitness/functional/postural/rehabilitation):

Individual:

Single lesson ~~60€~~ 55€

8 lessons package ~~400€~~ 360€

12 lessons package ~~480€~~ 430€

Couple:

Single lesson ~~80€*~~ 70€

8 lessons package ~~520€*~~ 470€

12 lessons package ~~660€*~~ 595€

*The price listed is to be divided into two.

REMOTE GYMLAB

Monthly Fee: ~~120€~~ 108€

Initial interview (to define objectives together with the personal trainer)

Anthropometric check-up (measurement of circumferences, height and weight)

Monthly planning (personalised training schedule to be carried out in the gym or at home or in the park)

A lesson at GymLab (to correct exercise technique together with the trainer and monitor progress)

N.B. To benefit from the dedicated promotion, Coop members have to show their FAO Staff Coop membership card at the desk (to receive it, please email us at fao-staff-coop@fao.org, attaching a photo of yourselves).

Website: www.gymlabpt.com

Instagram: [@gymlabpt](https://www.instagram.com/gymlabpt)

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.