



PILATES + LBT(GAG)



LESSON COMBINING PILATES TECHNIQUES WITH THE BENEFITS OF GAG MUSCLE TONING, FOCUSING ON ABDOMINAL AND GLUTEAL LEG WORK THROUGH BREATHING AND ISOMETRIC HOLDING, THE FUNDAMENTAL CHARACTERISTICS OF PILATES WITH A LOW-IMPACT CARDIO WARM-UP

TUESDAYS & THURSDAYS

13:00-14:00 GYM C

(MIN. 5 PARTICIPANTS REQUIRED)

Instructor: Silvia Pisano

FEES:

8 CLASSES: 65€ (TO BE USED WITHIN 2 MONTHS)

4 CLASSES: 36€ (TO BE USED WITHIN 1 MONTH)

1 CLASS: 10€

FIRST TRIAL LESSON: FREE OF CHARGE



**PLEASE RESERVE YOUR SPOT BY EMAILING: FAO-STAFF-COOP@FAO.ORG
FOR INFORMATION: 0657053142**