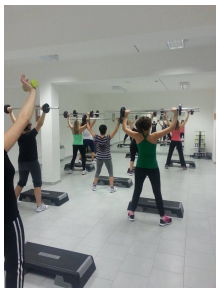Res Novae Velleth propone corsi Fitnessaa