

HAVE FUN AND GET FIT AT THE SAME TIME!



Now that the summer's over and we're all back at work, raise your hand if you're thinking about getting back in shape! Great! Now, the first thing we need to do is say goodbye to our sedentary lifestyles! You've probably decided to sign up for a gym or a dance class, or perhaps a winter or contact sport. Or maybe you're intent on cycling around town or hiking in the hills on the weekends. We thought it would be a good idea to recommend some shops and shopping centres in Bilbao to you. The staff will all be delighted to help you take your good intentions a step further, making sure that getting fit is fun and that you get good results.

Let's start with three very special establishments: Eurosport, which specialises in winter sports; Damaus Sports, a multi-sport shop where you'll find everything you need to practice the sport of your choice; and Ciclos La Ferro, a bicycle shop that's basically cycling heaven.

EUROSPORT (Estraunza 2-4)



Lords of the snow. If you're a skier or snowboarder, I'm sure you've heard of [Eurosport](#). It's been Bilbao's flagship winter sports store from the 1960s, so much so that they've even sponsored ski teams down through the years. They stock the most prestigious and exclusive brands to be able to offer you all the material and equipment you need to really enjoy your adventures in the snow, no matter whether you prefer alpine or cross-country skiing.

You'll be pleasantly surprised by their team of highly specialised professionals who are always on hand to guide and advise you, by their workshop, where they'll leave your skis and snowboards as good as new, and, it goes without saying, by their innovative boot fitting service where they tailor insoles to fit your ski boots to perfection.

But if you're not really into skiing, they also specialise in golf, skateboarding, inline skating... and lifestyle - they have a great collection of street fashion inspired by sport and adventure.

CICLOS LA FERRO (Marzana 8)

Made-to-measure bikes. If you've decided that a bicycle is going to be your new best friend and your preferred means of transport for getting around Bilbao, then [Ciclos La Ferro](#) has to be your first port of call. It's not your typical bike shop and it's not your common-or-garden workshop either: here they make made-to-measure bikes both for riding the city streets and for heading into the hills... They make them from scratch, choosing each part to make sure that the final product matches your needs, tastes and budget. No two bikes are alike.



They specialise in touring bikes, steel gravel bikes, bike packing and accessories. Not only are they distributors for Kona, Surly, Ritchey, Marin and Brother, Ciclos La Ferro also take old bikes and give them a new lease of life, delivering really neat bikes whose retro aesthetic belies their state-of-the-art equipment.

Here now are three really like to recommendable places to get fit. All three offer disciplines that are as rewarding as they are fun. Here, going to the gym isn't an ordeal, it's an opportunity to let off steam and switch off from the daily grind, get some exercise in and have a good time.

KANCHO OYAMA (Lehendakari Agirre 27)



Kickboxing to get the adrenaline flowing and get rid of all that stress. If you're feeling stressed out and want to get fit, kickboxing may well be the sport you're looking for. [Kancho Oyama](#) is a gym in Deusto that specialises in martial arts and contact sports, including K-1 kickboxing. This Japanese combat sport is a mixture of boxing and martial arts such as karate. Unlike boxing, however, not only can you hit your opponent with your fists, but kicks and knee-strikes are also allowed.

You'll spend your classes punching and kicking a punching bag, which is a great way to release all that built-up adrenaline and to get in some great cardiovascular exercise and strength training with music playing in the background. This sport is also a really good way to improve your flexibility and balance.

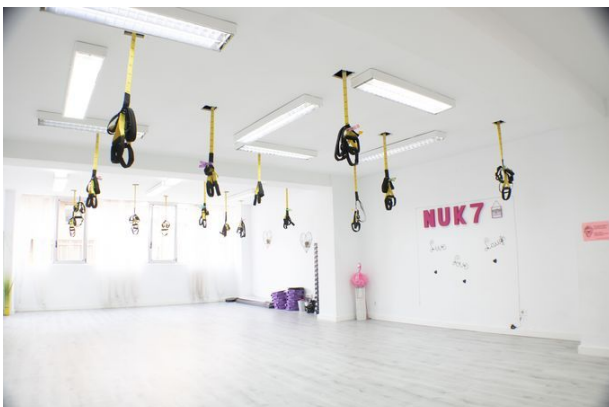
OHANA DANCE SCHOOL (Zamakola 15)

Shake your booty! If you're into dancing and can feel the music flowing through your veins, then it's never too late to sign up for classes at the [Ohana Dance School](#) in La Peña. You can take your choice between urban or contemporary dance, and they also teach Zumba and Pilates. There are classes for kids as well. They have a line-up of teachers all ready to bring out the best in you. They'll make sure you enjoy every step, every class, and, of course, your relationship with your fellow classmates, making you feel part of a big family.

The Ohana Dance School offers all sorts of dance styles for all ages and levels, with extended opening hours. This dance academy is definitely one of the best places in town to learn to dance, get fit, and have a good time.

NUK 7 (Gordóniz 44, 2ºA)

Dancing's good for you! This is one of their favourite slogans at [Nuk 7](#) where they invite us to get and stay fit by practising Zumba. And what, pray, is Zumba? It's a fitness programme that helps us to burn calories and to make our body stronger and more flexible through dance moves combined with aerobics. Music is the great protagonist of these supervised classes, setting the rhythm for the exercises and making sure we all have fun. It's no wonder that Zumba classes have been one of the most popular activities at any self-respecting gym for ages now.



Nuk 7, in Rekalde, also offers dance and keep-fit classes as well as suspension training or TRX, a type of sport that involves suspension exercises that allows users to work against their own body weight, improving their mobility, coordination, balance, flexibility, muscle strength...

These are just a few ideas for places where you can start a physical activity that is both fun and healthy, with professional coaches ready and willing to help you improve your well-being.