

The municipal sports council have put this activity program together aimed at the whole population of Frigiliana, from the young to the not so young!

This activity program has been developed to run permanently from October 2017 to June 2018

SUSCRPTIONS

Suscriptions are tickets that are delivered to the monitors to perform various activities. There will be several prices depending on the activity or activities to practice.

-The vouchers should be handed into one of the monitors during the 1st week of each month; failure to hand in the relevant voucher will result in you not being able to participate

-Vouchers are monthly from the 1st to the 30th /31st of each month and can be obtained between Monday & Friday from 09:00 to 14:00 at any of the banks in Frigiliana or directly from the sports pavilion.

FAMILY DISCOUNTS (only applicable to people on the municipal census)

It applies when more than one member of a family practice some activity with the following discounts:

- 2 members - 25%
- 3 members - 30%
- 4 members - 35%.

FOOTBALL 7 STADIUM RENTAL

- 40€ per hour
- 55€ por two hours

PÁDEL COURT RENTAL

-Alquiler por días sueltos:

| | | |
|--|----------------|----------------|
| | <u>CON LUZ</u> | <u>SIN LUZ</u> |
| | 7€/1h - 12€/2h | 6€/1h - 10€/2h |

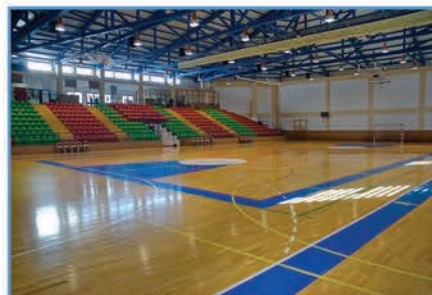
-Alquiler mensual: El día 1 de cada mes con descuento del 20% del precio final del alquiler.

SPORTS ACTIVITY PROGRAM



Ayuntamiento
de Frigiliana

ADULTS



Season 2017-2018

WEIGHTS (GYM)*



- Over 16 years old
- Monday to Friday: 9:00h-14:00h and 16:00h-22:00h
- Saturdays from 10:00h to 14:00h
- 25€/mes

SPINNING*



- Over 16 years old.
- Tuesdays and thursdays: 09:00h-10:00h and 19:00h-20:00h
- Fridays: 09:00h - 10:00h
- 25€/month

BODYFITNESS*



- Over 16 years old
- Mondays and wednesdays from 9:00h to 10:15h and 20:00h to 21:15h
- 25€/month

TAICHÍ



- Mondays and wednesdays 17:00h to 18:00h
- 25€/month

AEROBIC



- Mondays, wednesdays, fridays 13:00h-14:00h
- 20€/month 19:00h-20:00h

MMA



- Mondays and wednesdays from 19:00h to 20:00h



ACTIVITIES FOR SENIORS. GYM MAINTENANCE

- No age limit
- Mondays and wednesdays from 18:00h to 19:00h
- 10€/month



BACK TREATMENT, REHABILITATION AND EXERCISES.

- All ages
- Tuesdays and thursdays from 16:00h to 17:00h
- 25€/month over 16 years old
- 10€/month under 16 years old



PÁDEL

- | | | |
|-----------------------|---------------------------------|-----------------|
| -Adult Clases: | Beginners | Advanced |
| -Wednesdays & Fridays | | 18:30h-19:30h |
| -Fridays | 16:00h-19:00h (en tramos de 1h) | |
| -25€/month | | |



ZUMBA

- Tuesdays and thursdays 20:45h to 21:45h
- 20€/month



YOGA

- Tuesdays and thursdays 9:15h-9:30h & 19:30h-20:45h
- 25€/month



PILATES

- Tuesdays and thursdays from 10:30h to 11:30h
- 25€/month



ACTIVITIES BONUS: 25€/MONTH