Workout Tips for Moms in Madrid!

If you are a former gym buff wondering how you can get some exercise that doesn't involve changing diapers or pushing a swing, fear not! Your workout days don't have to be over.

Also check out my previous article on **great child-friendly activities in Madrid**!



Yoga

Mom and baby yoga is a great way to get out of the house, recover strength and flexibility and spend time with your baby. Most yoga classes go from 6 weeks until the baby starts crawling. Check out the Mom and Baby yoga classes at **Centro El Patio** near the Bilbao metro stop and **Zentro Yoga** close to the Retiro on Calle Claudio Coello.

Yoga for families is another good option for toddlers and

children (the age requirement varies from center to center). **City Yoga** offers classes for parents and toddlers from 1-3 years and **Centro Infantil Nariz Roja** starts at 4 years.

Gyms with daycare

Unfortunately gyms with daycare are few and far between in Madrid. Why deep-pocketed entrepreneurs aren't investing in gyms with daycare remains a mystery. If you are lucky enough to live near one of the gyms that offer daycare, be sure to ask the minimum age before going. Some won't take babies or toddlers.

- **Virgin Atlantic Capitán Haya (Tetuán)**
- **Zagros Puerta Europa (Chamartin)**
- **Holmes Places (Moraleja)**
- **Reebok Sports Club (Pozuelo)**

Try Baby Running

Going for a run with your baby or toddler is probably the most convenient way to get some exercise. Just make sure you have a proper jogging stroller – you don't want to hurt your little one in the process! If you're tight on space, opt for a model that can go from swivel to fixed wheel and it can also serve as your everyday stroller. Check out **Baby Running** for a selection of top-rated sport strollers.

Try Baby Blading

If rollerblading is your thing, the BOB Revolution PRO is the first stroller to be certified for rollerblading. Get yours **here**.

Rent bikes

Places to rent bicycles are popping up all over the city. Go for a bike ride with your kids in a nearby park, or if you live in the center, the Paseo del Prado is closed for cars from 9AM-4PM on Sundays. Located across from the O'Donnell entrance to the Retiro, **Diverbikes** is also a fun way for the whole family to get some exercise.

MamiFit classes

MamiFit classes are designed to help new moms in their postpartum recovery, with an emphasis on hypopressive exercises to strengthen the pelvic floor and core. The best part is that you can bring your baby, a few of his or her favorite toys and get in a workout (if your baby cooperates☺).

Go swimming

Take your children for a swim at one of the many **indoor** and **outdoor** public pools. If your little ones could use some help learning to swim, some pools offer swimming lessons. Take advantage of class time to do some laps yourself!

YouTube

Ignore your to-do list and use nap time to release some endorphins doing exercise at home. There are tons of good full-length exercise videos on YouTube. Some favorites are **All Around Fitness** and **Body Rock**.

By Marybeth Redheffer

Marybeth is the founder of **Baby Running**, an online store selling sport strollers so you can go out for a run with the

little one in the city! Check out her **website** and **facebook**.

You might also like: Madrid with kids – tips from a mom!

Exercise opportunities in Madrid

This Saturday, I went to my first zumba class in Madrid. I was excited about my first taste of zumba in Madrid, but going the morning after Halloween was a bit of a blunder. For those who haven't heard of it before, zumba is basically a mix of latino style dancing, which is especially great for those who lack much coordination and/or rhythm like me because the moves are repeated and straight-forward (and you can get away with the moves which you should never really show in public).

So with my back-combed hair, splodges of face paint, fake blood and "bruises" from my "Freaky Doll" costume from the night still partially visible, I put on my sunglasses and dragged my sorry hungover self to my first zumba class.



This is what I looked like *after* the zumba class… ;)

When we arrived at the mercado on Calle de Santa Isabelle by San Antón metro we discovered that the building was covered in scaffolding, and looked fairly desolate. We were on the verge of giving up when we eventually followed some people into the building (so those who wish to try out the first zumba class on the list, persevere my friends, you will find the door eventually!)

To my relief it appeared that the entire class was suffering from the "Halloween Hangover", even the instructor, which really helped the group to bond as we discussed where we had gone the night before. The class started promptly with some warm-up routines, followed by routines of varying intensities. A special mention to the "sunshine dance" which really makes you smile (until you catch a glimpse of yourself in the

mirror!) There was a great mix of music from the likes of Enrique Iglesius, prompting salsa style movement and more hip hop and Bollywood music influences. You literally can't wipe the smile off your face at times as you see yourself with arms and legs flailing all over the place, (well in my case at least!) The incredibly smiley instructor had so much energy and lead the class well, with lots of encouragement and occasional "whooping"! By the end of the class, everyone was sweaty but smiley and we paid our 5 euros (which is great value I think!) and left, promising that we would come again next week. I had almost forgotten about my Halloween hangover, until that is I gorged myself on some delicious Mexican food, after which point I decided it was about time I went home and had a nap.

After my zumba experience, which my friend Mita stumbled across on Lingo Bongo, I decided to investigate further and discovered a wealth of exercise opportunities, especially on lingobongo and Meet ups Madrid. Cheap zumba classes like this are among Madrid's best kept secrets, especially for those who don't wish to fork out their well-earned wages on gym fees. To save you some time, I've compiled a list of some of these weekly classes, activities and clubs to join, (but bear in mind there are a wealth of options available). It is a great way to meet people and even practice some Spanish, for those who are getting tired of doing intercambios over a beer and fancy trying something new.

If you are into running and you want to stay up-to-date with the latest running events in Madrid and beyond, please check out my blog: www.goguiri.com where you can also read my running diary.

Exercise opportunities: Zumba &

Yoga

Zumba classes

What: Cheap zumba classes in the centre of Madrid with a very smiley English instructor.

When: Every week on Saturday 1pm and Wednesday 9pm,

Where: metro Anton Martín. Calle de Santa Isabelle (the big market building) don't be deceived it is open, keep trying all the doors. Upstairs Sala 4 of Amor de Dios Flamenco School

Price: €5

Bootcamp España

What: A group which was formed in 2009, which combine a variety of outdoor exercises inspired by US marine an effective way to get into shape.

When: Madrid Rio (Monday, Tuesday & Thursday 8pm – 9pm) and Retiro (Monday, Tuesday and Thursday various times & Saturday 10:30 am –12 pm)

Where: Madrid Rio and Retiro Park

Price: First session for free (sign up online), then €52 for a month.

Check it out: Boot Camp España

Weekend yoga retreats

What: Regular weekend retreats organised by Yogamente including healthy food (all vegetarian and homemade), yoga sessions all in English. No need for previous yoga experience.

When: Weekend retreats, check Facebook for regular updates.

Where: In the beautiful countryside around Madrid.

Price: Depends on retreat, but average 190 euros (includes accommodation, homemade food and all activities)

Check it out: email info@yogamente.com for availability. Follow on Facebook for regular updates of new retreats: Yogamente Facebook

Hatha Yoga and Zumba classes

What: Two instructors from Colorado who have started up zumba and yoga classes. They offer affordable classes for all levels (seasoned and beginners).

When: Usually Saturday afternoons – check out Facebook for regular updates. Next zumba class: Date: Saturday, November 8th, 2.30 pm. Next yoga class: Novemberr 8th, 3.30 pm.

Where: El Horno C/ Esgrima, 11. It's in studio 9 which is up the stairs when you first walk in, then enter the main doors and make a right and another right, go down towards the end of the hall and you are there!

Price: only 5€ (because everyone should be able to afford fitness, and it's for an hour and a half!)

Check it out: Z & Y Fitness Madrid

Hiking

Intercambio hiking group

What: Group called Hiking Madrid that organises weekly hiking events for mountain lovers who wish to meet new people of all nationalities who have a mutual interest in hiking.

When: weekly events

Where: mountains in Madrid. Each event will give you information about where to meet and catch the bus from.

Price: Depends on the expedition, it is often simply the cost of transport.

Check it out: Website Hiking Madrid or email hikingmadrid@hikingmadrid.com and you can sign up for regular newsletters. Follow on Facebook for regular updates and upcoming events: Facebook Hiking Madrid



nised by Hiking Madrid. Photo taken from their Facebook page.

Spanish hiking group

What: Regular hikes organised by "*senderismo entre semana*" on meet up website. This group has great reviews and it is a good opportunity to meet more Spaniards.

When: Weekly hikes.

Where: Mountains around Madrid.

Price: Transport to mountains, dependent on hike.

Check it out: Senderismo entre semana

Join a sports team: Basketball and Football

Babelsket Madrid (beginner's basketball)

What: Free basketball for beginners. *Babelsket* Madrid is a motley bunch of not very skilled basketball players who heartily welcome all those who want to join their nice-and-friendly games in a fun, relaxed atmosphere.

When: On Sundays at 11:30 am – 1:30 pm

Where: The court is in Calle Puerto Rico 54 (metro Colombia)

Price: It's free!

Check it out: Add your name to the list at: Babelsket

More competitive basketball (and practice your Spanish too!)

What: Competitive basketball team in Madrid for those who have played before and would consider themselves good players. Join a friendly Spanish team that play in the Majadahonda league.

When: Training once a week on a Wednesday.

Where: Majadahonda (you may need to catch the cercanias).

Price: Not specified.

Check it out: email: ivanalvarez74@hotmail.com and double check price and location.

Competitive Football teams

1. What: *Fútbol Club Británico* 1st team is looking to welcome new players to the club for this new season. You can train with a UEFA licensed coach and play against other teams. Home and away games so lots of opportunities to travel and see more of Spain too.

When: Get in touch for more details.

Where: Get in touch for more details.

Price: Get in touch for more details.

Check it out: website FCI Britanico or email regional.manager@fcbritanico.com or whatsapp 609754169. Follow on twitter: @BritanicoFC or on Facebook: Facebook Fútbol Club Británico



The Fútbol Club Británico team after 2-2 draw against visiting side Brent FC. Photo taken from their Facebook page.

2. What: *International 5-a-side Football League* has been connecting foreigners and locals in Madrid since 1988. So get in touch and sign up!

When: Get in touch for more details.

Where: Get in touch for more details.

Price: Get in touch for more details.

Check it out: website: IFL Madrid and Facebook: IFL Madrid

If you know of any more clubs, societies or groups that I forgot to mention, or if you are starting up your own classes or your team needs new members

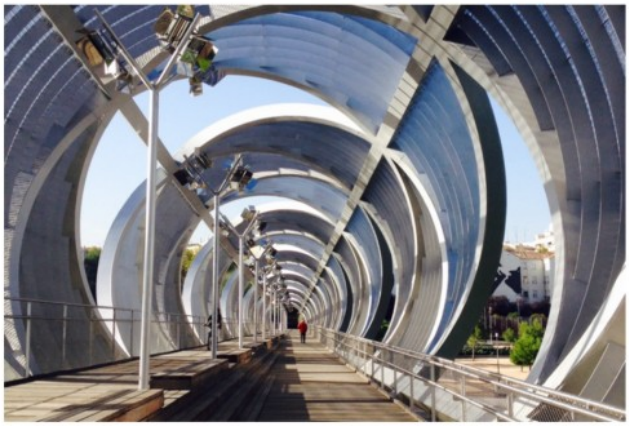
– please leave a comment!

Also, check out our post: Best Places to Break a Sweat in Madrid for more ideas!

Running in Madrid: November 2014

If the word ‘running’ ‘exercise’ or the idea of general movement makes you want to crawl under a rock, it’s probably best you look away now. But before you do… I want to make it clear that I am no running expert, I was always picked last for sport’s teams (sob), so why not hear me out..





Beautiful photography taken by Lauren Haynes on her run along Madrid Rio.

I have recently discovered the world of running (scorn all you like) but I can honestly say, without shame, that I am hooked. I always used to convince myself that I wasn't a runner, and that I did my daily exercise running up and down the metro every day, barging and weaving my way past the incessantly slow Spaniards who did a great job of ignoring my tomato face.

One day, however, my perspective changed. I was walking past *Lots of Colours* (a great shop by the way on Calle Fuencarral

that is actually affordable) and I saw some running shoes on offer in the window for 29 euros (this explains why they absolutely destroyed my feet, but that’s another story). They were taunting me, testing me. I had to buy them to make them shut up!

So anyway, I bought the shoes. Next step: use them. It’s harder than it seems, trust me. On a whim one day, I went out for my first clumsy run, feeling silly and self-conscious, but after at least 15 minutes I found myself running alongside Templo de Debod, near Plaza de España (for those of you who have yet to visit it, at night time it is lit up in a particularly majestic way), and suddenly I almost forgot that I was doing exercise and was simply enjoying the view. Madrid is a great place to run, once you have managed to escape the main streets, and there is the added benefit that you are unlikely to bump into anyone you know.

If I still have your attention so far, you might want to consider some of the great running opportunities there are in Madrid, because believe it or not there are races almost every weekend! The atmosphere is always alive and buzzing, even at 9.30 on a Sunday morning, and if you sign up you get a free t shirt and some food at the end the race (there I knew I could convince you).



Getting ready to start, check out the lycra ;)



Taken at X Carrera Popular Distrito de Retiro, 26th October.

So here is what November in Madrid has in store for you:

1. **4a Carrera Popular, Corre por el Niño:**

   Distance: 4 and 10 kilometres (A little bizarre, but a great one to get started!)

   When: Sunday 9th November, 9:30 am

   Where: Retiro Park

   Cost: 10€ (which goes to El Hospital Infantil Universitario Niño Jesús)

   Website

2. **XXXI Medio Maratón de Villaverde:**

   Distance: 21.097 kilometres (a half marathon)

   When: Sunday 16th November, 9:30 am

   Where: Metro Ciudad de Los Ángeles, line 3.

   Exit: C/Unanimidad (Auditorio El Espinillo)

   Cost: 12.60€

   Website

3. **Derbi de Las Africiones:**

   Distance: 10 kilometres

   When: Sunday 16th November, 9:00 am

   Where: Santiago Bernabéu Stadium, line 10

   Cost: 12€

   Website

4. IV Carrera de los Emprendedores:

Distance: 5 & 10 kilometres

When: Sunday 23rd November, 9:00 am

Where: Retiro Park

Cost: 8€ (possibility of discount if you sign up before 26th October)

Website

5. XXXV Trofeo Jose Cano:

Distance: It varies from 2-10 kilometres

When: Sunday 23rd November, 9:00 am

Where: The nearest metro stops are: Las Musas, San Blas or Alsacia

Cost: free for the first 300 who sign up otherwise 16€

Website

So I wanted to give a little summary of how I got into running, just to prove to readers that I am no athlete, and it can be a great way to keep fit (and for free!) If you know of any more running activities please feel free to share them!



After the X Carrera Popular Distrito de Retiro, 10 kilometre – happy running!

If you are really into running and you want to stay up-to-date with the latest running events in Madrid and beyond, please check out my blog: www.goguiri.com where you can also read my running diary.