

Guided activities

What workout do you want to do?



Get informed!

El teu moment del dia!

Can Felipa
centre esportiu municipal

CARDIOVASCULAR WORKOUTS (Activitats cardiovasculars)

Workouts whose objective is the improvement of the cardiovascular and respiratory systems, as well as the reduction of body fat. **Not for individuals with cardiac problems.**

AEROBIC: choreographed sessions offering your choice of high or low impact, done to music and working the entire body.

STEP: choreographed exercises set to music and done on an elevated step at different intensities. It focuses on working the legs and buttocks.

LATIN RHYTHMS (RITMES LLATINS): sessions set to Latin music. Ideal for those who love to dance. The perfect activity to reenergize yourself for the rest of the day, designed for everyone.



COMBINED WORKOUTS (Activitats mixtes)

Workouts that combine cardiovascular work with toning and muscular strength. Recommended to improve musculature and the cardiovascular system, as well as a reduction in body fat.

AEROTONING (AEROTONO): integrated training sessions utilizing simple and intense choreographed exercises of step or aerobics, combined with toning exercises of the primary muscular groups.



SPINNING: musical workout done on a stationary bicycle, directed by an instructor who sets the pace and intensity of the pedaling.



MUSCULAR WORKOUTS (Activitats de treball muscular)

Activities designed to tone and increase the body's musculature through strength and resistance training using a variety of materials.

POWER PUMP: choreographed session working resistance and muscular strength, using a bar with varying weights. Classes matched to the level of the person.

ABD 30': workout centered on the muscles groups of the abdominal and lumbar regions.

GAC: a localized workout done to music, designed to tone and define the buttocks, abdomen and legs.

GC 30': toning and firming up of the buttocks and legs to the rhythm of music. 30-minutes classes.

TONING (TONIFICACIÓ): session dedicated to improving musculature through safe and easy exercises, using a variety of materials.



LOW-INTENSITY WORKOUTS FOR THE MIND AND BODY

(Activitats dolces ment i cos)

A variety of exercises designed to improve flexibility, body posture, physical shape, and quality of life.

PILATES: training system based on concentration, fluidity of moment, precision and breathing. Activity that fosters improved posture and muscular tone.

STRETCHING: sessions based on exercises of stationary stretches, executed in a smooth and progressive manner, improving flexibility and elasticity. Great for helping with the prevention of injuries and muscular aches.

YOGA: a physical-mental discipline with a broad and complete system of developing one's interior. Sessions that improve flexibility and breathing, as well as physical, emotional and mental equilibrium, by way of postures and relaxation techniques.

YOGA SPORT: a more active and dynamic yoga, combining exercises of flexibility, elasticity and toning.

TAI-CHI: an activity combining slow movements, smooth and coordinated, with breathing and self-control techniques. Improvement of one's general physical and mental state, with special attention to the central nervous system.



CHI-KUNG: known as the Chinese Yoga, this encompasses physical exercise, stretching, breathing and concentration. Improves one's mental and physical state.



ALL BACK (TOT ESQUENA): sessions combining toning and the strengthening of the back and its related musculature (lumbar and abdominal), as well as exercises of elasticity and flexibility. Especially designed for persons with back problems.



ACTIVITIES FOR SENIOR CITIZENS (Activitats per a la gent gran)

Sessions especially designed for individuals 60 and over, including:

-PHYSICAL CONDITIONING +60 (C.F.+60)

-TOTAL SHAPE + 60 (F.TOTAL+60)

-TONING + 60 (TONIFICACIÓ+60)



Designed to improve health and physical condition, thereby obtaining a higher quality of life.

IMPORTANT: Inform your monitor of any illness or physical problem which will impede any movement or exercise.



AQUATIC ACTIVITIES (Activitats aquàtiques)

Activities in water, designed to improve all musculature and elasticity, as well as cardiovascular and lung capacity. These sessions are for everyone, given that they are in water and consequently without impact but with resistance.

TBA – AQUAGYM+60: exercises done in a small swimming pool and set to music



AQUADEP: exercises of different intensities done in the deep pool.

AQUAMATER: sessions designed for expectant women. A workout intended to help stay in shape and reduce the discomforts of pregnancy.



Can Felipa employs Fitness professionals able to guide and assist you in achieving your goals.

Our medical center can help you choose the most adequate activities according to your physical condition, and in this way better avoid injury.

Put yourself in the hands of our professionals!