

The Canary Islands offer unrivalled conditions and facilities for many sports and fitness activities. If you're a resident, this is the perfect time of year to get into shape, and if you're planning a healthy vacation, Tenerife is THE destination!



Tenerife en Forma 2010 >>

Gymnasiums

Dance Schools

Sports Centers

Physiotherapy

MAS QUE DEPORTES GYMNASIUM

Mas que Deportes Gymnasium are pleased to announce the expansion of their premises, with several departments dedicated to bodybuilding, classes for children, adults and seniors, and post – natal classes, all supervised by professionals. Find Mas Que Deportes at El El Médano, near the football ground.

🕒 Mon - Fri: 08.30- 23.00, Sat: 10.00- 18.00

📍 C/ La Gomera. Edif. Halley 10, 38612 El Médano-Tenerife

☎ 922 179 939 ✉ masqdeportes@hotmail.com

AMAE MUSIC & DANCE ACADEMY - AMAE

Dancing is a fun way to get fit, and at **AMAE**, Los Cristianos, there are classes for Hip Hop, Ballet, Latin and Flamenco.

🕒 10.00-14.00 / 16.00- 21.00

📍 C/ El Nido 24, 38650 Los Cristianos-Tenerife

☎ 922 795 771 / 619 428 742 ✉ amaeloscristianos@gmail.com 🌐 www.amaeloscristianos.com

PERSONAL TRAINING TENERIFE

Personal Training Tenerife can help you reduce weight, ease back pain or increase your general fitness level through one to one sessions from 30 euros. You can benefit from world class trainers, whether at home, in your office or at the gym. All programs are customized to suit your needs. Personal Training Tenerife, your key to personal success!

☎ 676 243 102 / 922 789 000 🌐 www.personaltrainingteneriffa.de 🌐 www.bfit.es

CENTRO DE MASAJES Y FISIOTERAPIA ELEONORA

Beauty Eleonora offer physiotherapeutic massages with professional male and female masseurs. Try the special welcome massage, 45 minutes for just 25€! Also, special foot massages available.

🕒 10.00 – 19.00 Mon –Sat (Appointments recommended).

📍 Av. Rafael Puig Llivina 32 Local 39
Parque Santiago II
Playa de Las Américas-Tenerife
Also El Médano.

☎ 922 789 516

✉ laisllaa@laisllaa.com

💻 www.laisllaa.com

ESCUELA DE DANZA MODERNA JASM

JASM Dance School offers classes including lyrical jazz, funk, hip hop, flamenco, all with academic formation, suitable for adults and children.

Also, salsa, pilates, and pilates for expectant mothers.

🕒 10.30-13.30 / 16.30-21.00

📍 C/ Princesa Guajara, Local 4-B
38611 San Isidro-Tenerife

☎ 922 390 820 / 617 291 730

✉ info@jasm.es

💻 www.jasm.es

CLUB DEPORTIVO CHAYOFA

For Tennis, Table Tennis or Soccer, visit Club Deportivo Chayofa. All trainers are titled, and groups are limited in numbers. Also available, Salsa, Pilates, Aerobic, Yoga and Jazz Funk dance classes. Use our experience and quality facilities to stay in shape.

🕒 Mon-Fri: 09.00- 23.00, Sun: 10.00- 20.00

📍 C/ El Morro 2.
Urb. Chayofa
Arona-Tenerife

☎ 922 769 671 / 676 582 741

✉ cdchayofa@gmail.com

💻 www.cdchayofa.com

NATURAL SURF SHOP

It's never too late to learn to surf with Natural Surf Shop, Las Americas, the surf center with over 19 years of experience. Whether you're a resident or on vacation, Natural Surf Shop offers lessons to suit with their team of skilled, multilingual instructors.

Find Natural Surf Shop just 50 meters from, Playa Troya, Las Americas.

🕒 Mon - Fri: 10.00- 14.00 / 16.00- 20.00, Sat: 10.00- 14.00

📍 C/ Managua, CC El Presidente.
38660 Playa de Las Américas -Tenerife

☎ 670 787 136 / 689 179 242

💻 www.naturalsurfc Canarias.com

BIKE POINT

Find South Tenerife's largest range of new and used bicycles at Bike Point, El Médano. Repairs and accessories always available. And if you're on vacation, why not hire a bike for a few days or weeks?

🕒 Mon – Sat 10.00- 14.00 / 17.00- 20.00

📍 C/ Villa de La Orotava nº 10, Bajo Izq.
El Médano-Tenerife

☎ 922 176 273 💻 www.medanobike.com

AZUL KITESURF CENTRE

Azul Kitesurf is a Kitesurf school which offers personalised classes with English and Russian speaking instructors, with special prices for residents. Also, kitesurf equipment and accessories are available for hire or purchase. Find Azul Kitesurf at El El Médano's wooden walkway, open every day.

🕒 Mon - Fri; 10-14h y de 16-20h, Weekends; 10-20h

📍 Paseo Mercedes de Roja nº 24. Edif. El Toscón, Local 4
El Médano-Tenerife

☎ 922 178 314

EL PICACHO SURF SCHOOL

El Picacho is a surf and windsurf school with flexible classes from beginners to advanced levels. Surfboards, windsurf equipment and neoprene suits always in stock! Find El Picacho at El El Médano's pedestrianised zone, near Playa Chica.

🕒 10.00 – 21.00

📍 C/Marcial García 13
386712 El Médano-Tenerife

☎ 922 178 660

💻 www.picacho.es

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Sportswear Accessories

CANARIAN SURF FRUIT

Canarian Surf Fruit is the legendary windsurf and aquatic sports centre established in El El Médano in 1993, and holds a large stock of Kitesurf and Windsurf equipment, and other accessories. There's also a huge range of quality sportswear and surfwear available for adults and children, including the cool and stylish Canarian Surf Fruit brand of outdoor fashion wear.

🕒 10.00- 19.00

📍 Paseo Mercedes de Roja 34
38612 El Médano-Tenerife

☎ 922 177 110 💻 www.csf4u.co

TODO NATURAL

Todo Natural has the largest range of natural products in El El Médano, all reasonably priced. Vegetarian and biological foods, natural cosmetics, and shower and cleaning products to keep the environment healthy as well!

🕒 Mon - Fri: 10:00 - 13:30 / 17:00 - 20:00

📍 C/ Paseo Galo Ponte
El Médano-Tenerife

☎ 922 176 362

Mr. WILSON

For urban sportswear and accessories, look no further than Mr Wilson! Skateboards, training shoes and all urban accessories, including brands such as VOLCOM, CARHATT, VANS and NIXON. Now in stock and on special offer, the world famous EQUILIBRIUM sports watches! Authentic original style with great service.

🕒 Mon - Sat: 11.00- 13.00 / 17.00- 21.00

📍 C/ Mediterráneo 2, El Médano, Tenerife

☎ 922 176 671 ✉ mr.wilson@telefonica.net 💻 youtube: Mr Wilson promo

EL PICACHO SURF SHOP

Get fit in style with El Picacho's great range of surfwear, sportswear and accessories, with top brands such as Hurley, Bench, Dude, Fox and Alpine Star at discount prices!

🕒 10.00 – 21.00 📍 C/Marcial García 13, 386712 El Médano-Tenerife ☎ 922 178 660 💻 www.picacho.es

NATURAL SURF SHOP

Natural Surf Shop, at Playa de Troya, Las Américas.

🕒 Mon - Fri: 10.00- 14.00 / 16.00- 20.00, Sat: 10.00- 14.00

📍 C/ Managüa, CC El Presidente.
38660 Playa de Las Américas-Tenerife

☎️ 670 787 136 / 689 179 242

💻 www.naturalsurfc Canarias.com

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El Médano-Tenerife

☎️ 922 176 273

💻 www.medanobike.com

AZUL KITESURF CENTRE

Kitesurf equipment and accessories are available for hire or purchase.

🕒 10 - 14h & de 16 - 20h.

Paseo Mercedes de Roja nº 24. Edif. El Toscón, Local 4

📍 El Médano-Tenerife

☎️ 922 178 314

💻 www.azulkiteboarding.com

