

Entreenate, a gym in the open air to combat a sedentary lifestyle

LOCATION: Seville

LENGTH: 1'43"

SUMMARY: Entreenate was created in Seville three years ago with the aim of promoting a healthy lifestyle based on sports and diet. From Monday to Friday, and following a schedule, they teach sports classes in the parks of the city. Their clients pay a flat rate that allows them to attend to as much trainings as they want. In addition, they offer personal training and diet advice services.

VTR:

We put on our gloves and the battle against a sedentary lifestyle begins. Practising sports on a regular basis and following a healthy diet are the goals set by this Sevillian initiative. But, what makes it different from others? They always exercise in the open air.

TAMARA MUÑOZ
Co-founder of Entreenate

"We have deep respect for the environment, it's fundamental for us to make responsible use of the green spaces of the city. Apart from that, along with users, we have organised clean up campaigns in areas of Seville that are completely abandoned."

Tamara and Joanna are the founders of Entreenate. Every day they ride their bikes around Seville to get to the classes they organise in the parks of the city. Their clients pay a flat rate that allows them to attend to as much trainings as they want. The participant's age, sex or physical condition are no obstacles.

ELENA ESCUDERO AND
ALEJANDRA LUNA
Users

"It allows me to be with my dog, go out with it, run, work out and be in the company of a group of people in line with my way of thinking."

"It is much more enriching, in addition, you meet people and spend time in the open air..."

Activity, sustainability and inclusion are the foundations of this company, which also offers personal training and diet advice services. Always surrounded by nature.

JOHANA GUTIÉRREZ
Co-founder of Entreenate

"People who come to us have a sedentary lifestyle and want to end that, not only at a physical level, they also make their lifestyle more sustainable, use a more sustainable way of transportation and are more in contact with nature."

Classes are voted and suggested by users. They change their schedule every month in order to always start it with a tracksuit and the excitement of something new.

For more information or support please email info@andalusianstories.com
