

SOTOGRADE, *PASSION FOR SPORT*

One of the classic pillars of Sotogrande, as a residential destination and for its community, is the passion of its residents for sport, undoubtedly one of the core areas of the development of the resort. Since the outset, with the first properties built around Real Club de Golf Sotogrande; sport has had a major presence in the family life of Sotogrande. Some of the best golf courses in Europe, the leading polo club in the continent and one of the best marinas in the country, and its sailing school, can all be found in Sotogrande. We want to take a step forward and alongside Charlie Gubbins, we are discovering how to look after ourselves, in an interview with José Antonio López, owner of the gym "Social Fitness". Completely revamped facilities, with cutting-edge machinery and two group session rooms, located in Sotogrande Port."



WHAT INSPIRED YOU TO ENTER THE WORLD OF FITNESS, GYM AND NUTRITION?

I have always liked to practice sports of all kinds: soccer, athletics, taekwondo ... etc., which led me to be interested in everything related to it, and to seek practice sport from an early age.

FROM WHEN YOU HAVE YOUR OWN GYM AND SINCE WHEN IN SOTOGRADE?

In 1999 we opened the gymnasium of the Real Club de Golf Sotogrande, where I had



the opportunity to join the team that started this project as a fitness coach. I am still involved with the Golf Club and continue to manage the gym. Later in 2004, I opened my first gym, located in Guadacorte, called "Zona Fitness". In 2006 I opened a second project in Castellar de la Frontera, and in 2007 my third gym in Algeciras. In 2008 I extended, Zona Fitness the one in Guadacorte, with installations of 1300 m2. Currently we have been open for one year in the Puerto de Sotogrande with "Social Fitness", a fully renovated facility, with new generation machinery and two studio rooms for group lessons.

HOW DO YOU SEE THE GENERAL FITNESS OFFER IN SOTOGRANDE? WE SEE A NUMBER OF GYMS, PILATES ROOMS, PRIVATE YOGA OFFERS, ETC?

In recent years the number of fitness centres has increased. As the population has grown so has the demand. We now see centres with a specific focus, for example, one specific to Pilates, or Yoga or Crossfit. At our gym in the Sotogrande Port we include a bit of everything in terms of classes: Body Pump, Body Combat, Zumba, Spinning, Yoga ... and a have a machine and weight room with trainers that can assist with follow-ups to help achieve objectives.

IS THE USE OF PERSONAL TRAINER GROWING?

Yes, the truth is that personal training has grown a lot in recent years; in the area of Sotogrande we have a variety of good specialist coaches. Working out with a personal trainer can help to achieve desired objectives more quickly and safely. It is a very popular in Sotogrande, so in our Social Fitness gym you can also find this service.

HOW HAS THE GYM USER EVOLVED IN THE LAST YEARS? IS IT FASHIONABLE TO PRACTICE SPORTS AND GO TO THE GYM IN SOTOGRANDE?

There has been a considerable evolution in the concept of gyms and training methods. We have gone from the classic weights room to a gym with many fun lessons which

are very popular. Group activity is motivational. Also, Crossfit is on the rise and extremely popular. The concept of training has changed, going from being solely for a physical improvement, to being something broader where health, well-being and social relationships are included. Finally, with all this, we have gone from having a mostly young gym goer, to having a wide range of ages from both genders. It is fashionable to practice sports in Sotogrande, because as I said before, it is not only a matter of training, but it is another way of relating socially, taking care of our physical appearance and our health in general.

I KNOW THAT FOR A FEW YEARS YOU HAVE ORGANIZED THE TRIATHLON OF SOTOGRANDE. HOW DOES THIS EVENT EVOLVE?

It began in 2013 as a sports project between the Town Hall of San Roque and Puerto Sotogrande. Due to the ideal environment that Sotogrande has and a good organization, it has become one of the top triathlons in the province of Cádiz, which is very popular among triathletes. This year will be the seventh edition, we will continue with the sprint modality (750m swim- 20 Km bike ride- 5 Km run). It is hoped that in 2020 we will step it up and have an Olympic Triathlon (1500m swim- 40 Km bike ride-10 Km run).

It is a special Triathlon, with a maximum of 225 competitors. In recent years entries have been quickly achieved, indicating good acceptance.

