The Formentera Department of Sports has unveiled a virtual access point so users of municipal fitness centre Poliesportiu Antoni Blanc can continue taking part in some of the classes they attended before confinement measures took effect.

Dubbed 'Sports at home on Formentera' (*Esports a casa a Formentera*), the YouTube channel launched today. Three classes are scheduled for the first week, 6–13 April—two in functional training and one designed to help participants build joint flexibility and strengthen their core.

Classes are exclusively for individuals who signed up before lockdown. Participants will receive a link once a week allowing them to connect and see videos.

Department chief Paula Ferrer encourages fitness centre users and islanders alike to take a bit of exercise these days to maintain healthy habits.

Esports a casa a Formentera is just one fitness activity on offer—others, like pilates and zumba, can be found on the 'Formentera es queda a casa' site on Facebook.

6 April 2020
Department of Communications
Consell de Formentera