



## “RUNNING” SESSIONS

The “Running” session for beginners takes place on Wednesdays at 6:30pm.

“Helping you get started on the road with weekly program schedules,” says Duncan Abdilla.

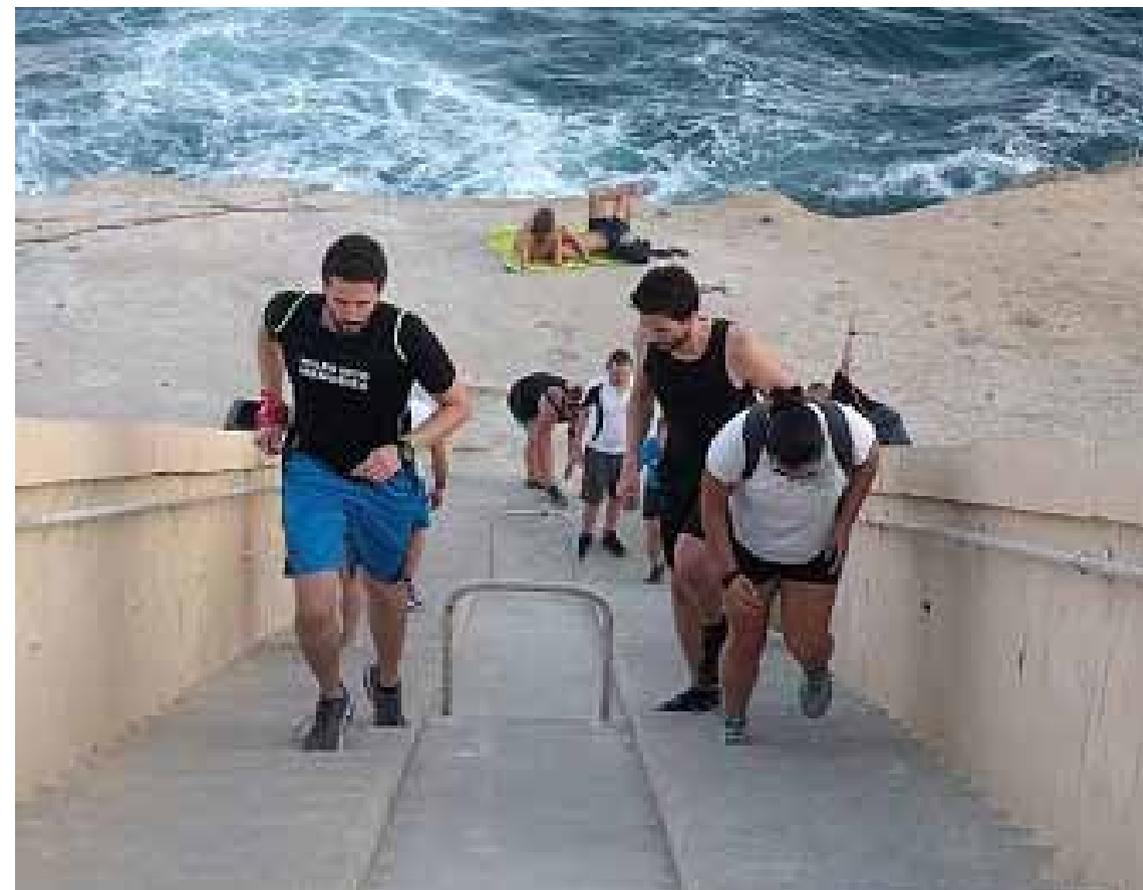
12-week program is designed to improve running, core stability, as well as, overall strength and endurance.

Sessions held at the University Track in Msida.

Club invests in developing talent, sportsmanship and the value of fair play, particularly in the disciplines of Track and Field.

**For information, contact:**

La Salle Athletics Club on 7973 4188



## “MID-WEEK” SESSION

Adventure travel and training specialist offers “mid-week” training every Wednesday.

“We will start with a quick warm up together and start our run. You can choose your own pace, we have all levels of runners and walkers,” says David Gladwish.

Meet at Love Monument in Spinola Bay, rain or shine. Routes follow the seafront and loop back to the starting point. Finishing with a stop for a smoothie.

Last month the group travelled to climb Mount Toubkal in Morocco.

**For information, contact:**

Miles into Memories at [milesintomemories.com](http://milesintomemories.com)



One source to **fitness news** in Malta and Gozo, get more [here]

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## “GOZO” MARATHON

The annual “Gozo” Half Marathon takes place on 29th April.

“Road races that promote active lifestyle, create a unique experience for all the participants and celebrate all that is Gozitan,” says Mark Bonnici.

Club offers tips and advice with their new blog post, including 10 Things Every Beginner Should Know by Alfred Tabone now available online.

Blogger Justine Parnis adds, “Nutrition is important throughout your training period however what you eat during the last week of training before the marathon will have a big impact on your performance.”

Race designs vary depending on participants including kids, family and beginners.

**For information, contact:**

Xaghra Youth Centre at [gozomarathon.org](http://gozomarathon.org)



## “CYCLING”

Indoor cycling class, “Spin and Tone” is now available at the gym.

“Ready to burn some extra calories. Build stamina, endurance and strength,” says Lourdes Kitcher, the trainer.

Co-trainer, Aaron adds, “Reduce stress, burn calories and increase your endurance, all without stress on joints.”

Full-body workout is suitable for beginners. Stationary bikes are provided.

Class is held Tuesday and Thursday 7:45pm, Saturday 9am at the Fort Fitness Centre.

Two free hours of parking.

**For information, contact:**

Indoor Cycling Class on 2133 9554





## “DRI-FIT”

Nike's spring apparel including “Dri-Fit” wear in-store. “Our passionate desire to provide extraordinary value and the trendiest merchandise,” says the manager.

Styles for him and her in various colours and sizes.

Also available is the iconic “Air Max 90” footwear in a variety of the latest styles.

Other brands available in-store include Converse, Adidas and Oakley.

Shops are located in Valletta and Mosta, open Monday to Saturday 9am to 1pm, 4pm to 7pm, Sunday 9am to 1pm in Valletta.

**For information, contact:**  
Rush Sports on 2122 5623



## “RUNNERS”

Vast range of the latest branded foot wear is now in-store for her and him.

“First spring/summer collection now arrived. Enjoy browsing, visit the various sections, all under one roof,” says the store manager.

Brands offered include Adidas' cloudfoam, Nike, Reebok and Skechers.

Non-branded running shoes are also in-stock.

Outlet is located in Luqa, next to Lidl.

Hours are Monday to Friday 9am to 1pm, 4pm to 7pm, Saturday 9am to 1pm.

**For information, contact:**  
Big Save Footwear on 2166 0105



## “LET'S BANDS”

The first “Let's Bands” class is being launched at Reflex Total Fitness club at Tigne.

“Versatile, and travel-size training tool proven to increase strength and stability whilst burning fat and toning lean muscle,” says a rep.

Powerbands Mini, Max, Flex and Tube come in four progressive colour-coded levels of resistance to suit all fitness levels.

Available exclusively from Teamsport, freemyme, Reflex Fitness Centre and also at Rush Sport outlets.

**For information, contact:**  
Let's Bands Malta on 9947 0900

