



“2K” RACE

Annual race for enthusiasts takes place 27th January.

“Opportunity to test your physical abilities in a challenging race in a unique setting, distant from the island’s ‘urban jungle,’” says the organizer.

Participants must register to collect their race number, timing chips, free technical t-shirt and goodie bag from the Eurosport Birkirkara outlet.

Registration closes 25th January.

For information, contact:

Savio Athletics Club at savioac.org



“FITSTART”

Designed for beginners to High Intensity Interval Training (HIIT), “FitStart” is available.

“Don’t get intimidated, we have a specific class for beginners,” says the instructor.

Short intense workouts last 30 minutes, providing cardio exercise to reduce fat mass of the whole-body.

Class held Friday at 6pm in Pembroke.

For information, contact:

HIIT Fitness Malta on 9987 2831



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

Fitness Class ■ Fitness Clubs ■ Dance ■ Equipment & Gear ■ Martial Arts ■ Personal Trainers ■ Swimming and Water Sports ■ Yoga and Pilates



“PRIVATE” GYM

Recently opened facility to have “private” gym announces the personal trainers.

“State of the art plate load machines, with help staff to aid you in training plans and technique,” says Matt.

Lorenza adds, “Stop making excuses because in the end you start believing them. It's time to stop procrastinating, take the bull by the horns.”

Private gym will be located inside the supplement shop located in Mosta.

For information, contact:

Steel Extreme Fitness on 7920 4751



“NEXTBIKE”

Bike-rental service offers new “stations” in Malta.

“Healthy way how to beat the ever growing traffic problems. Go to school, work, sports or just running errands,” says Alan Camilleri.

Bikes equipped with continuous Axa lights made 'to see and be seen' for night riding. Added stations include two in Naxxar and one in Zebbug. Also available in Pembroke, Sliema, St. Julian's, San Gwann, Ta' Xbiex, Msida, Gzira, Swatar, Birgu, Valletta and soon in Bugibba, St. Paul's Bay and Gozo.

Bikes available 24/7.

For information, contact:

Nextbike Malta on 2099 6666





“BARRE” DANCE

A “Barre” dance class now available at the studio.

“You always loved to dance but never got the chance to enjoy it. Chance to shine and dance your evening without going to disco,” says the instructor.

Dance using the barre and combining elements of Ballet, Booty Barre and simple aerobics.

Class is held Thursday at 7:30pm.

Fitness studio featuring trampoline, barre and pilates is located in Sliema.

For information, contact:

Pure by Valentina on 7900 9445



“WONDER WHEEL”

Trademarked “Wonder Wheel” yoga class available.

“Improve the balance and coordination of the whole body with fluid exercises, proprioception training, coordination movements and body-mind integration,” says Rosita Jan.

Class includes the use of the Wonder Wheel to aid in practice of challenging poses that are otherwise inaccessible.

Held Thursday 8pm at gym located at the Park Towers in Sliema.

For information, contact:

Lords Gym on 9947 3065



“SUN SALUTATION”

Yoga teacher introduces Sun Salutation “morning” class.

“Hatha yoga will allow you to tone and stretch the body, relieve pain, relax the mind and find balance and peace,” says Mari Collyer.

Sun Salutation incorporates a flow of yoga poses.

Class held Wednesday at 7am in Mellieha.

Mats are provided.

For information, contact:

Yoga with Mari on 9981 7482

