



## “TREKKING”

Dates announced for a series of upcoming “Trekking” events in Malta and Gozo.

“Aim of this group is to exercise, have fun, enjoy nature and make friends,” says Gregory Camenzuli, the organizer.

Location, times and event details can be found on their Facebook page.

Level of intensity varies.

Some events are suitable for children, teens and sometimes pets are welcome.

**For information, contact:**

Malta Treks And Explore @Malta-Treks-And-Explore



## “ACE” APP

Fitness specialist launches “online” training program.

“Achieve your health and fitness goals at the comfort of your home, gym, or other personal space,” says Clint Graham.

“You will basically have your own personal trainer right in your pocket. Teaching you how to eat healthily and exercise properly and safely for optimum results.”

App allows access to custom-made instructional videos, nutrition stats tracker and support. Compatible with Android or iOS device.

One-to-one personal training also available at the studio located in Pieta.

**For information, contact:**

Ace Pro Fitness on 7927 7588



## “MY PERSONAL TRAINER”

Personal trainer partners with dietitian.

“Positive change doesn’t happen on its own, and you know you deserve better. Being active releases endorphins, enhances your mental focus and productivity levels and also makes it easier to create a calorific deficit,” says Mavric Debono.

Based at the Kinetika Fitness Center located in Gzira.

Gift vouchers are now available.

**For information, contact:**

My Personal Trainer on 7906 9474



## “FITCLUB”

A “FitClub” to start every Thursday at 6.30pm.

“Live a healthy lifestyle, loose weight, gain muscle. Bring a mat or towel and water,” says Denise Bugeja.

Class is held at the local council hall in Birzebbuga.

Locations and dates may vary throughout the year.

**For information, contact:**

FitClub on 7723 9298





## “WESTIN” WORKOUT

Gym launches new schedule of “fitness” classes.

“Classes are scheduled throughout the year, varying from aerobics and indoor cycling to yoga and aqua classes,” says the manager.

Swimming lessons and personal trainers are also available.

Located at the Westin Dragonara Resort in St. Julian’s, gym offers cardio machines, free weights, strength training machines, indoor pool, whirlpool, saunas, steam rooms and aerobic studio.

Various membership options available. Guests use facilities free of charge.

**For information, contact:**

Westin Workout on 2374 5596



## “GOOD VIBES”

Boxing gym introduces new “fitness” classes now available in Birkirkara.

“Changing things up and adding new equipment and new training to our classes. We help you build your strength from the ground up, mentally and physically,” says Roland Sammut.

Classes available include one-to-one sessions, “Teaching you the correct footwork, punching. We also include boxing specific padwork and boxing specific fitness to enhance performance.”

Training specific to age 12 to 16, “Youth Boxing” starting soon.

Winter class schedule is found online.

**For information, contact:**

Good Vibes on 7927 1464