



“ANTENATAL” EXERCISE

Fitness specialist is offering an “Antenatal” training program for pregnancy.

“With my own equipment, music and energy; together we'll get you fit or help you lose those extra kilos,” says Clare DeGiorgio, the personal trainer.

Pre and post natal exercise programmes soon available.

Training with her is available Monday, Wednesday, Friday 6:30am to 9pm, Tuesday and Thursday 6:30am to 8:30pm, Saturday and Sunday 8:30am to 1pm.

For information, contact:

Clare DeGiorgio Fitness on 9925 8424



“SIGGIEWI” STUDIO

Yoga sessions are now available at a new studio opened in Siggiewi.

“Being able to be calm in our busy, stressful world really is a super power. Find your breath and connect again for a moment,” says Lisa-Annabel Hladnik, the yoga teacher. She also offers a six-week prenatal class, “You will get lots of personal attention and we can really focus on what you need.”

Classes include Gentle Flow on Monday and Wednesday at 6pm, Dynamic Flow on Monday at 7:30pm and the new Prenatal course on Thursday at 6pm.

For information, contact:

LahLah Yoga on 9996 9483



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“BURLESQUE” WORKSHOP

A workshop to learn “Burlesque” dancing will take place on 15th February.

“Created for anyone wanting to wake up their wild femininity with little help of light,” says Undine LaVerve, the dance instructor.

Guest starring Lotta Love from the Bratislava Burlesque Academy, this is a creative workshop with lot of dancing, improvisation.

Held at the Challenger Fitness Club in Valletta, starting at 7:30pm.

For information, contact:

Burlesque Academy Malta @burlesqueacademymalta



“BIKINI” BODY

The fitness-duo introduce a “Bikini Body” workout program.

“Most programs are never designed with women’s stubborn fat areas and nutrition habits in mind,” says Rebecca Galea.

Co-founder Adam Ben adds, “We promise, total body transformation in under three months of real food and simple workouts.”

For men, a “Beach Body” program is available.

Programs include meal plan, eating-out guide, flexible exercise routines for at-home and gym, as well as, constant support from the online community.

For information, contact:

Camp Fitness at camp_fitness@yahoo.com





“MORNING” CLASS

A newly added “morning” classes are now available.

“Tired of starting gym and quitting after a couple of weeks. Partner up and benefit. Look and feel at your best,” says the fitness specialist.

A fat test is also available, the machine calculates lean weight, body fat weight and percentage, excess fat weight, water percentage, BMR, BMI. “This helps us to work better and more accurately towards your specific training goals.”

Based in Fgura, group sessions, one-to-one training and nutrition advice is offered by the specialist with over five years of experience.

For information, contact:

Jeremy Galea PT on 7990 1523



“TEEN” BOXING

The fitness specialist is offering new classes, one for “Corporate” employees and a class designed specifically for “Teens”.

“We believe that the health and education of our children is priceless; that’s why we teach them about health, respect and teamwork,” says Roland Sammut.

“Boxing is fun, boxing relieves stress, boxing gets you fit.”

Also available are fitness classes, as well as, nutrition guidance, “We all know that training and a good diet go hand in hand.”

Recently upgrades were added to the gym located in Birkirkara.

For information, contact:

GoodVibes Boxing on 7927 1464





“INDOOR” TENNIS

Lessons are now open to everyone on clay, outdoor or indoor courts.

“We cater for all types of levels providing each individual with the requisite tools and guidance,” says Gordon Ascik, former tennis champion and head coach.

With indoor courts available, “No more lessons and training programmes called off due to bad weather.”

Class for children and for adults is held at the academy located at the Marsa Sports Club, offering 19 courts, squash courts, pool and gym.

For information, contact:

Asicak Tennis Academy at asciaktennismalta.com



“KIDS” SESSIONS

Fitness training session for “kids” is now available.

“Experts recommend that teens and children (starting at age six) do moderate to vigorous activity at least one hour every day,” says Dalton Wingfield.

Session is held on Friday at 3:35pm for ages 5 to 13.

Personal training and group sessions, including Circuit Training, is also available, “Step closer to your fitness goals and health.”

Based in Rabat, the studio is newly opened.

For information, contact:

Fit Studio on 7979 4884



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