



“PT” AT SPARTAN

The service of a “Personal Trainer” is now available at the gym.

“Reach your goals and work on exactly what you want and need to. We want to make you love training as much as we do, and for you to become as strong and healthy as possible,” says Maja Vaha.

“We always try to make it work with your schedule too, for example by having flexible hours and the possibility for you to bring your kids with you as well.”

Specialising in Kettlebell workouts, the gym is located in St. Julian's.

For information, contact:

Spartan Kettlebells Malta on 9953 8544



“HANDBALL”

Now available is weekly training in “Handball” for teenagers.

“We are looking for boys and girls to join our teams. We train in central locations and under the guidance of qualified coaches,” says Orlando Bonnici.

Recently the U/15 and U/17 girls teams were taught by guest Dutch coaches visiting Malta.

“It was a very interesting experience for our girls who certainly made the most of it.”

Training is open to girls and boys age six to 16.

For information, contact:

Swieqi Phoenix Handball Club at psc.com.mt



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

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“LIVINGWELL” RE-OPENS

The gym at the Hilton has re-opened after a renovation.

“New flooring and sound system, re-decorating the areas and replacing all our gym kit with the exception of the equipment introduced recently,” says Paul Sparling.

Additionally installed are new cardio machines, as well as, the Queenaxe functional and suspended bodyweight training system will be available this month.

Classes include Boot Camp, Circuit, yoga, Pilates, Pump, Zumba, HIIT, Power Pedal, Abs Core, as well as, Aqua at the indoor pool. Sauna, steam room, spin studio, tennis court and squash court may be used by members.

Gym is located in St. Julian's and opens Monday to Friday 6:30am to 10pm, Saturday and Sunday 7am to 10pm.

For information, contact:

LivingWell Malta on 2373 3401



“RUEDA DE CASINO”

Lessons in dancing the “Rueda de Casino” style of Salsa for beginners is available.

“You will learn the rhythms, basic steps, turns, and figures,” says the instructor.

It is not necessary to bring a dance partner; “We dance together in a big circle, and we constantly change partners. It is a great way to have an opportunity to dance with many different partners and it will immensely improve your leading or following abilities.”

Class for beginners is on Monday at 8pm and is held at the Training Room Fit in St. Paul's Bay, a five minute walk from Bugibba Bay bus station.

For information, contact:

Cuba2 Dance School on 9957 9338





“CRAZY SAFETY”

The series of children's “Crazy Safety” helmets and accessories designed in Denmark are now available locally.

“It has never been easier getting your children to wear a helmet. Helmets are easy and comfortable to wear, and provide your child with the opportunity to develop motor coordination with a trusty animal friend in 3D,” says a rep.

Comes with a rubber surface, coloured straps, a matching chin cup, adjustment buckles and LED light at the back. All helmets have safety certification from the institute TÜV.

Ask at your local bike shop for details.



“ACTIVITY” TRACKER

Themed “Garmin” watches designed to keep children active are now in stores.

“Stylish, kid-friendly design is comfortable, durable and swim friendly,” says a rep.

Vivofit Jr 2 is available in Disney, Marvel and Star Wars themes.

Compatible mobile app on an adult's smartphone includes chore management tools and a mobile adventure trail for kids to unlock. “Kids complete chores and earn coins to redeem for agreed-upon rewards managed by parents.”

Features one year battery life; no recharging needed.

Ask your fitness retailer for details.



Guide to your favourite value brands, how much and where to buy [here]