



## “FNX”

Gym facility now open in Marsa.

“Every single session is specifically designed to make people move better, stronger, faster and more efficiently,” says the manager.

Classes include Fundamentals, Unstoppable, The Field, MetFlow, Cross Train, Mobility, Rising Stars, as well as, yoga and Pilates.

All new equipment installed, including the Dog Sled.

Schedule and class descriptions are now available online.

Membership, pay-as-you-go and class packages are offered.

Open Monday to Friday 6am to 9pm, weekends and public holidays 8am to 5pm.

**For information, contact:**

FNX on 2122 8002



## “30-DAY” CHALLENGE

Fitness specialist is launching a “30-day” challenge.

“No matter if you are completely new to the gym, we are here to take your first step to fitness with you,” says Daniel Zammit.

Various exercises take place daily, starting 7th January. “Large selection of classes to choose from, we will keep you committed and motivated to achieving results.”

Gym is located on Naxxar Road in Birkirkara.

**For information, contact:**

Platinum Fitness on 2144 3348





## “GRATZ”

Original Pilates apparatus, “Gratz” equipment is available at the studio.

“Another spine corrector has arrived,” says Patricia Rafferty, the specialist.

Pilates improves posture and abdominal strength, “Whether you want a stronger, more well defined abdominal, or a physically balanced and lengthened body.”

Suitable for all body types because exercises can be modified.

Malta’s only studio to offer the specialized Gratz equipment is located in Swieqi.

**For information, contact:**

Pilates Point @PilatesPointMalta



Photo by reachonehundred.co.uk

## “MAT” PILATES

Specialized instructor from the UK joins the centre to offer “Mat” Pilates.

“A strong form of exercise as it was intended to be,” says Rachael Hollwey.

“Whether you’re looking for strength, tone, flexibility, injury prevention or recovery, I have the knowledge to adapt exercises to your individual needs.”

Studio is located in St. Julian’s.

Opening hours are Monday to Friday 8am to 8pm, Saturday 8am to 2pm.

**For information, contact:**

Pilates Centre on 2157 7422



## “PILATES”

Instructor updated the “winter” schedule to include an evening Thursday class.

“Feel your abdominal on fire and still mobilize your spine and all the joints,” says Costanza, the instructor and former dancer.

Leading classes and private sessions around Malta, currently teaching at Osteopathy in Ta’ Xbiex.

Class held Tuesday 9:30am, 12:30pm, 6:30pm, Thursday 9:30am, 6:30pm, as well as, on Saturday 11:15am.

**For information, contact:**

Costanza Pilates on 7750 3646



## “FITNESS” TUESDAYS

Dance company launches “adult” fitness class held every Tuesday.

“Get fit while kids are dancing. Bring your friends along,” says Thea Cunning, the instructor.

Body weight training is held in the studio located at De La Salle College in Birgu.

Dance classes available at the studio include Ballet, Jazz, Hip Hop, Contemporary, Spanish and Modern.

**For information, contact:**

Nicky’s Dance Studio on 7970 6667