



“HIIT” MAN

Developed exclusively for males, “HIIT Man” aerobic training is available.

“New class for males. What a way to start the week,” says Angelo Bonello.

High-Intensity Interval Training (HIIT) is held Tuesday at 6pm.

Also available at the gym is a range of protein snacks.

Open Monday to Friday 8am to 9pm, as well as, on Saturday 8am to 3pm.

Gym is located in Victoria, Gozo

For information, contact:

Shape Up Fitness on 7929 1003



“MAINTENANCE” COMPLETED

Recently the gym has been given a “maintenance” update.

“Will guide you through all the process of working out in the gym, and all the necessary information on how to get fit and stay fit,” says Martin Farrugia, personal trainer and indoor cycling specialist.

Gym is located in Msida and offers opening hours of Monday to Friday 6am to 9pm, Saturday 9am to 6pm, Sunday, including public holidays, 9am to 2pm.

Fully air-conditioned facility with free WiFi is available.

For information, contact:

ActiveZone Gym at activezonemalta.com



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

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“SUMMER” PROGRAMME

The 2018 “summer” sports program is now available online.

“Moving a nation through the promotion and development of sport for a healthy, inclusive and successful Malta,” says the director.

Various activities include swimming, volleyball, basketball, ballet, sports, as well as, a Triathlon Academy.

Full programme offer various activities, locations, dates, times and applicable family discounts, details found online.

SportMalta is the government entity responsible for the development and the promotion of sport.

For information, contact:

SportsMalta @SportMalta



“BEACH” YOGA

Summer “beach” yoga sessions are now available in Mellieha.

“There is something about early mornings at the beach. Start the day in the best way possible,” says the yoga teacher.

“Breath and move to the sound of the sea.”

Class is held on Wednesday 7am at Golden Bay beach, near Munchies.

Also starting soon is Beach Yoga Boot Camp class.

For information, contact:

Yoga with Mari on 9981 7482



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Photo via LifeS video

“ONE-SIZE”

The LifeS series of “one-size” bikes by Corratec Life are in-stock.

“Fits for (almost) every person. The special geometry enables you to stay with your feet on the ground while sitting in the saddle,” says Jack Schiavone.

With inhouse technicians and mechanics, the shop also offers repairs, wheel truing and building, brake bleeding and general maintenance.

Located in San Gwann and Qormi.

Open Monday to Friday 9am to 1pm, 4pm to 7pm, Saturday 9am to 1pm.

For information, contact:

The Cyclist on 2766 1166



Photo by DHS

“DHS”

Range of “DHS” bikes for the entire family is available.

“It is our mission to help people improve their health,” says the store manager.

Founded in 1999, DHS is a Romanian brand backed by German expertise to offer a range of bikes, including mountain, city, tour, as well as, for juniors and kids.

Stores located in Fgura and Naxxar.

Open Monday to Saturday 9:30am to 1pm, 4pm to 7pm.

After sales department is located in Fgura.

For information, contact:

Tip Top Sports on 2248 3000



“BRIDGE”

Online fitness apparel retailer launches.

“Giving you access to clothing and footwear products not previously available on the island,” says the specialist.

Currently stocking a range of unique Adidas styles.

“Cutting-edge sneakers with a Japanese-influenced design and unrivalled comfort. Street style meets technical performance.”

Serving the Attard and nearby areas.

For information, contact:

Bridge Clothing on 7962 4476

