



“W2W”

Now open in Marsascala is a “women only” fitness studio.

“Cozy and non-judgmental studio that offers training, nutritional education and motivational support under one roof,” says Diana, the personal trainer.

“Changing your lifestyle step-by-step without radical diets and massive gyms.”

Specializing in programs for women of varying ages and needs, Woman-to-Woman (W2W) offers a blog and tips on the benefits of Resistance and Cardiovascular training.

For information, contact:

W2W Personal Training on 9914 9210



“CHILDCARE” SERVICE

Partnering with a local daycare, fitness training is available for new moms.

“Childcare whilst you train. You can have time for yourself and get fit at the same time,” says Jennifer, the personal trainer and mother of two.

Specializing in one-to-one fitness, nutrition and weight management, “To take my passion and knowledge and help and motivate those around me. To help motivate each other to adhere to a lifestyle that is healthy and active.”

She also recently renovated the studio workout area.

For information, contact:

Total Core Fitness on 9982 2550



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“DANCE HUB”

New “Contemporary” Jazz dance class for beginners is available.

“Let yourself loose and dance like no one is watching you. Connect the mind and the body through fluid dance movement. It fuses different elements of several dance genres,” says Yosef Farrugia.

Also available is a Jazz Fitness class for adults. “Fun way to dance and loose that extra weight as these classes focuses mainly on cardio, strengthening and flexibility exercise.”

Classes for children, teens and adults are offered at the studio located in Fgura.

For information, contact:

Dance Hub Fgura on 7906 7157



“BARRE JUMP”

Brand-new workout combining classic barre and trampolining now available in Malta.

“Shake up your fitness routine. You will circuit between barre exercises using the trampoline and endurance building cardio. Designed to tone your body for a slim dancer’s physique,” says Valentina.

Class held in Sliema at Pure on Monday 6:15pm and at Tigne Point Thursday 6:30pm and Saturday 10:30am.

For information, contact:

Fit and Fun on 7900 9445



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“DANCE DIVAS”

A new dance class concept launched in Malta.

“Leave your troubles at the door. Learn the dance moves to all your favourite songs in a fun and safe space. We only cover the biggest pop hits at a pace that everyone can keep up,” says Diane Brincat.

Promotes fitness, empowerment and fun through dancing to favourite pop music. Classes are for young women and men who love to dance, but not professionally. Studio is based in Gzira.

For information, contact:

Dance Divas Malta on 9926 9313



“MINI” TRAMPOLINE

A fitness class on a “mini” trampoline is now available.

“Trampolining keeps you sweaty and warm while shaking off the extra body fat away. High intensity class that sculpts and tones your body,” says Valentina.

“Jumping on a mini-trampoline can burn 9.2 calories per minute which translates to more than 400 calories in one of our sessions. Work hard, play hard. It's more fun when you team up.”

Class takes place at Tigne Point in Sliema.

For information, contact:

Fit and Fun on 7900 9445

