



## “TWIN” PACKAGE

Fitness trainer introduces “Twin” package for two friends or family members to workout together.

“You’ll be able to determine first hand if you’re ready to regain control of your future and your overall health and how to go about doing that,” says John Xuereb.

“Without support, it’s likely that you will blow away at the first storm and go back to what it is that you are accustomed too.”

Training is available Monday to Friday 9am to 9pm.

**For information, contact:**

Holistic Health on 9997 5670



## “BOKWA”

The personal trainer offers “Bokwa” class.

“Dancing the digits and sweating the alphabet six days a week,” says the trainer, Duncan Azzopardi.

“High cardio fat burning fitness class. Super fun and easy to follow.”

Class is held at Strictly 360 Dance and Fitness Centre located in Marsa, as well as, Platinum in Birkirkara.

**For information, contact:**

Duncan Fitness on 7970 2799



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

Fitness Class ■ Fitness Clubs ■ Dance ■ Equipment & Gear ■ Martial Arts ■ Personal Trainers ■ Swimming and Water Sports ■ Yoga and Pilates



## “FOOTBALL” CAMP

Registration for the summer “Football” camp is open until 13th June.

“What better way for your kids to spend their time this summer,” says Karl Sciortino.

Qualified coaches and fitness trainers will be available.

Starting first week of July, for 15 weeks. Camp is for ages 7 to 9 and 10 to 13. Includes informative meetings, gym sessions, beach sessions and end of summer football tournament. Certificate and medal will be given for participation.

Organized by Developing Athlete's Performance (DAP), a fitness program focused on improving fitness components conducive to the overall performance.

**For information, contact:**

DAP Malta on 7991 9499



## “BUJINKAN FUDOSHIN”

Class for “beginners” is now open.

“Practical techniques that are as relevant to self-defence and survival today as they were to the Japanese over 900 years ago,” says Shidoshi Alexander Grech.

“Wearing a black belt is not the end but merely the beginning.”

Class for adults is on Monday 7pm and Wednesday 6pm and for children on Wednesday 6pm and Saturday 2pm.

Dojo is located in Qormi.

**For information, contact:**

Bujinkan Fudoshin Malta at [fudoshin.com.mt](http://fudoshin.com.mt)





## “WELLNESS VILLAGE” SPONSOR

Gym sponsors upcoming “Wellness Village”, taking place 9th and 10th June.

Offering a range of free fitness classes during the event, “It’s our belief that with some encouragement and setting of realistic goals, anyone coming can feel better, have fun and minimise stress,” says the fitness specialist.

Event to be held at Fort St. Elmo, starting at 5pm.

A gym membership offers access to five locations including Mellieha, Santa Lucia, Ta’Qali, St. Paul’s Bay and San Gwann.

### For information, contact:

24/7 Fitness Clubs on 2713 3297



## “GRID” 2018

The personal fitness challenge takes place on 2nd June in Pembroke.

“Need a new athletic challenge that will push you to your limit,” says Michael Naudi.

The Grid is a race with various physical challenges and obstacles in the form of climbing, running, hiking, carrying.

“Challenge yourself and conquer 15km, hills, and more than 30 obstacles.”

Event is in collaboration with Reflex Fitness, Let’s Bands and Teamsport.

### For information, contact:

The Grid Malta on 9988 5554



## “SQUASH” COURT RENO

The fitness centre’s “squash” court renovation is completed.

“We have plastered, decorated the walls and sanded the flooring. We hope you enjoy the new squash court,” says Paul Sparling.

Coaching is available Monday 6:45pm for beginners, followed by an open practice at 7:30pm, Thursday a Squash Social starts at 6pm.

Located at the Hilton Hotel, the fitness area opens Monday to Friday 6:30am to 10pm, Saturday and Sunday from 7am to 10pm.

Facilities include a steam room, sauna and indoor pool.

### For information, contact:

LivingWell Fitness on 2373 3401

