



“FITNESS” APPAREL

Latest from “various” brand names arrived at the fitness apparel shop.

“So many new items in stock, originals back in stock,” says the brand specialist.

Brand names include Nike, Adidas, Vans and Converse with options available for men and for women.

Now also on Instagram @rush_malta

Shops located in Mosta and Valletta.

Open Monday to Saturday, mornings and evenings.

For information, contact:

Rush Sport on 2122 5623



“SPRING” COLLECTION

Arrival of the spring collection from “Legea” is now in stores.

“Tracksuits, leggings, kids clothing and many more where to choose,” says the brand specialist.

Range includes various sportswear from leisure to sport specific offered for men, women and teens.

Outlets are now open in Naxxar and Fgura.

Stores open Monday to Saturday, morning and evening.

For information, contact:

Legea Malta on 2702 2689



“EQUA”

Water bottles made of “BPA Free” plastic is available.

“Perfect for gym or yoga class. Stay hydrate in the sun. Say no to plastic. Fashionable, trendy and nature friendly,” says Elaine.

Pink or blue 2-in-1 bottle that changes into a water bottle or a smoothie cup.

Available from the online shop. Delivery or by new drive-thru pick-up service at The Point Shopping Centre in Sliema.

For information, contact:

Flavours for Health on 7928 256



“ANITA”

Brand specialist now stocks the “Active” collection by Anita.

“At the gym or during outdoor activities wearing the right bra under your sports top is key. Busty women always have a hard time finding the right bra for sports,” says a rep.

Anita offers bras designed for specific sports, including horse riding, boxing, jogging, yoga, as well as, bestseller Momentum. Bras available with or without wire, firm or strong support and up to H cup.

Tights for sports also available.

Store now relocated few minutes from old shop to a larger space in Mosta.

Open Monday to Saturday, morning and evening.

For information, contact:

Bliss on 2141 4831





“E-CARD”

Club introduces “digital” membership cards.

“No more plastic. We have now switched to digital membership cards,” says the manager.

Summer packages available, includes membership, kickstart personal training course with outdoor training sessions.

Boutique fitness studio is located at The Palace Hotel in Sliema, “We don’t do diets, fad fitness trends or any mainstream commercial systems. We design truly bespoke programs for each individual.”

Open daily, 6am to 10pm.

For information, contact:

Profile Health and Fitness on 7932 2301



“BEGINNERS” YOGA

Teacher announces classes for “Beginners” is available at various locations.

“For those who wish to strengthen their basic foundation and understand proper body alignment. Learn about this discipline and understand how it can benefit your life,” says Yanica Fenech.

Session is one and a half hours with professional guidance and tips.

Class is held Tuesday 11am in Msida, Wednesday 7pm in Lija and Friday 6:30pm in Mosta.

Mats and props are provided.

For information, contact:

Namaste Yoga on 7900 4384



“DRAGON” ACADEMY

Martial arts club launches “fitness” classes.

“Academy strives to help individuals develop, grow and improve physically and mentally through innovative and fun programmes,” says Stephen Formosa.

Specialists in the teaching of the Korean martial arts of Taekwondo, Hapkimudo, and now also fitness, offers children and adults training in Santa Venera.

For information, contact:

Dragon Academy on 9945 2010