



## “BOOGIE BOUNCE”

The “mini trampoline” workout class can now be booked online.

“Choreographed to chart topping inspiring music which includes an extremely effective cardio section, and a really powerful bums, tums and thighs section too,” says Amanda Hayman, the program specialist.

Class held at studios located in Naxxar and Zabbar.

Schedule and booking is found online.

**For information, contact:**

Boogie Bounce Xtreme Malta at [boogiebounce-malta.com](http://boogiebounce-malta.com)



## “WINTER” PROGRAM

Various “Winter” sport programs are available.

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

Various activities include fitness, karate, basketball, dance, weightlifting, archery, Tai Chi, Capoeira.

Locations, dates, times and applicable family discount details found online.

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

The springtime programs will soon be launched.

**For information, contact:**

SportMalta @SportMalta



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

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## “OVER 50” PROGRAM

Website updated with the launch of new services announces the fitness specialist.

“Intensive exercise and moderate activity have different, but nevertheless, positive effects on the body. We need both, and we need to reduce the time spent sitting,” says Richard Geres.

Trainers provide transformation programs including one-to-one, small group, as well as, over 50s.

Gym is located inside the Corinthia Hotel at St. George's Bay in St. Julian's.

**For information, contact:**

Richard Geres on 2787 7445



## “ELITE FITNESS”

Gym located in Birzebbuga is now open.

“Modern equipped gym for everyone's need from weight loss to muscle gain. Instructors which will guide you through your workouts plus they will give you a personalised meal plan,” says the manager.

Opening hours are Monday to Friday 6am to 10pm, Saturday 7:30am to 4:30pm, as well as, Sunday 7:30am to 12:30pm.

**For information, contact:**

Elite Fitness on 2165 4118



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## "WINTER" SCHEDULE

Newly opened gym launches its "winter" class schedule.

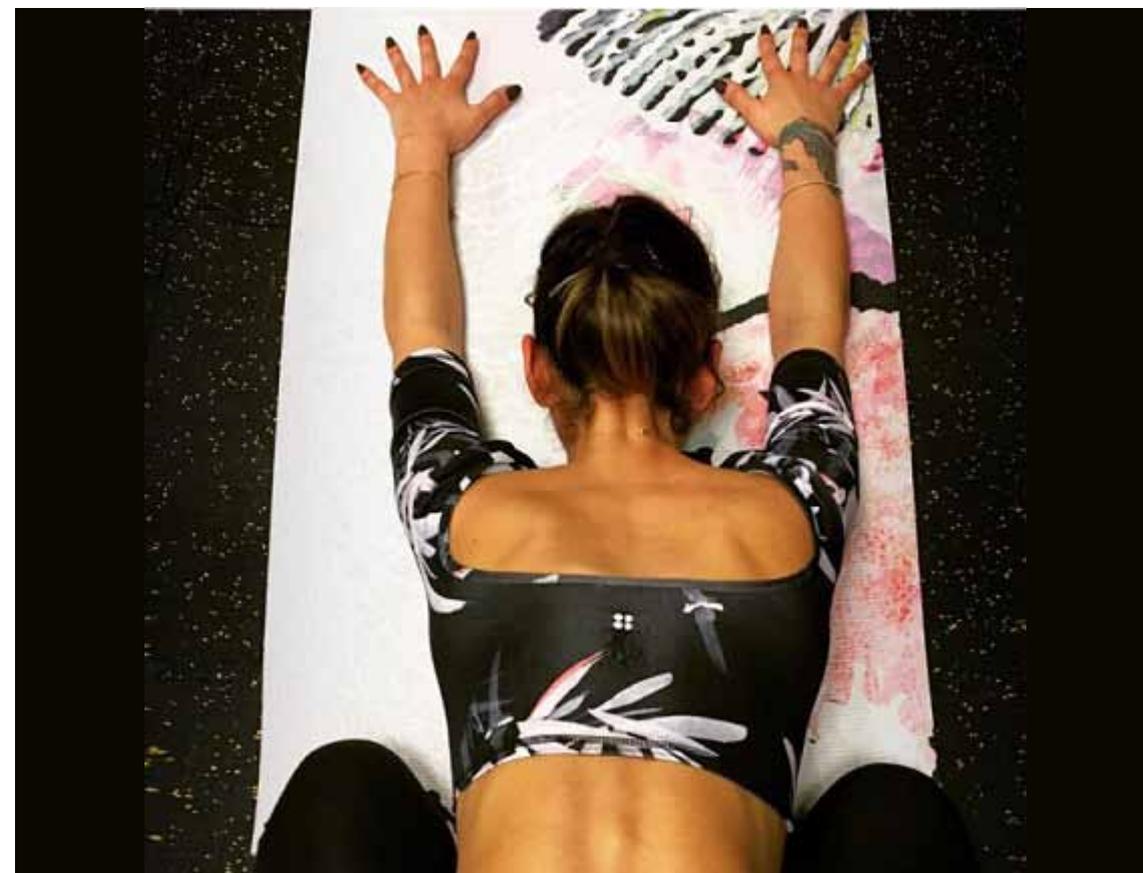
"Way to defeat those Monday blues," says the trainer.

Classes available include BootCamp Monday 6:30pm and Wednesday 6am; BoxFit Tuesday 6:30pm, Thursday 6:30pm and Saturday 9am; Glute Clinic Wednesday 6:30pm; High Intensity Interval Training (HIIT) Friday 6:30pm; Pain Cave Sunday 9:30am.

Gym is located in Naxxar.

**For information, contact:**

Impact Gym on 7920 4751



## "VINYASA" YOGA

Bistro to host "Vinyasa" yoga classes in its private event space.

"Perfect way to calm your mind in the middle of a busy week, energise your soul, and push your body physically," says Sean Gravina, chef and host.

Yoga instructor Eva Sammut adds, "Opportunity to practice in a comfortable environment where one can feel 'at home'."

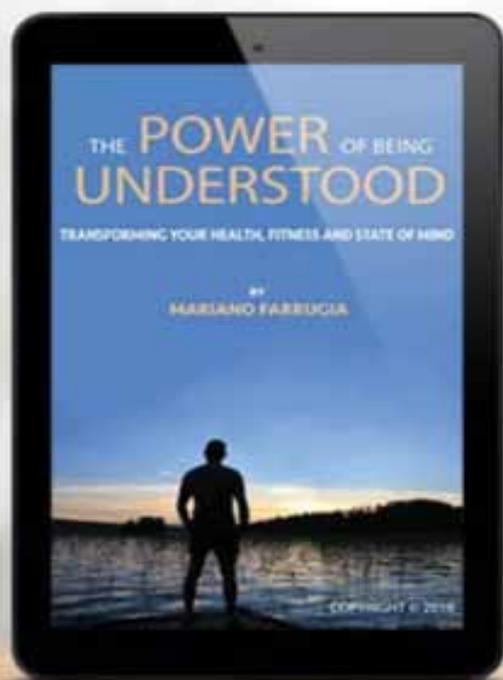
Held Wednesday 6pm at the bistro's level two private room located in St. Julian's.

**For information, contact:**

Crust Bistro on 2138 0976



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## “FITNESS” E-BOOK

Personal trainer launches “eBook”.

“Learn more about how to transform your health, fitness and mind state,” says Mariano Farrugia.

Entitled 'The power of being understood', the ebook is based on nearly 15 years of experience, “Transitioning to a healthy lifestyle is not only about aesthetics but it will positively impact your life in various areas.”

Newly launched ebook is available for download.

**For information, contact:**

Mariano Club @UltimatePhysiqueMT



## “MICROFIBER” TOWEL

Microfiber “quick-dry” towels are available from the fitness specialist.

“We are striving to create a community of people who want to challenge their own limits and improve their fitness,” says Darren Bezzina.

Towels are eco-friendly, durable and re-usable.

Available in grey, black or yellow, small towels are long, soft material with pocket.

Classes held in Gudja include High-Intensity Interval Training (HIIT), Kettlebell and the Six Pack Challenge.

**For information, contact:**

DB Fitness on 9987 4772



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