



## “KIDS” FITNESS

Class designed specifically for “kids” is now available.

“Fit children do better in school, have more self-confidence and higher self esteem,” says Rebecca Galea.

Sessions for kids six to 11 years on Saturday at 8am and for 12 to 16 years at 9am.

Boxing club for kids is based in Mosta.

**For information, contact:**

I and J Fitness Kids on 7970 6875



## “AUTISM” HOUR

Trampoline park announces additional “fitness” time dedicated to Autistic children is now available every Thursday.

“Family fun experience, we cater for children from four years plus to adults so the whole family can have fun together,” says the director. “During this quiet hour we ensure lights are not flashy and the music is low.”

Weekly sessions now include Thursday 7pm, Saturday and Sunday 9am.

There is a minimum height restriction of 1.2 metres (3 feet 11 inches). Acceptance of Terms (waiver) form found on the website must be completed before arrival.

**For information, contact:**

Velocity Fitness Malta at [velocity.com.mt](http://velocity.com.mt)



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## “STRENGTH IN MOTION”

Fitness facility is now open.

“Everyone, no matter how young or old, should be doing regular strength training. This could be at a gym, or at home using very little or no equipment at all,” says Kevin Galea.

“Resistance bands and balls, small hand weights, water bottles and even your own body weight can be used successfully when a strength training program is properly designed.”

Personal training is available at the new gym located in Qormi.

**For information, contact:**

Strength in Motion on 9980 5691



## “KRAV MAGA”

Classes are available in “Krav Maga” style.

“Sessions will focus on all the aspects of self defence training; physical conditioning,” says Keith Galea.

Krav Maga is the only style worldwide known as an art of self-defense and not as a martial art. “Isn't about being a tough guy, it's not about learning how to fight in a ring.”

System is open to improvement by adding techniques, exercises, and training methods.

Training takes place Monday 6pm, Wednesday 7am, Thursday 6:30pm in St. Julian's.

**For information, contact:**

Krav Maga Malta on 7747 5362







## “POUNDFIT”

Schedule for the drumming-inspired class, “PoundFit”, is now available.

“You don’t have to be with the band to enjoy this megawatt workout, but you do have to be ready to work hard,” says Mandy Grima.

Using trademarked Ripstix made for exercise, the world’s first cardio jam session transforms drumming into a full-body workout.

Class is held Tuesday 6:45pm and Saturday 7:30am in Burmarrad.

**For information, contact:**

PoundFit by Mandy on 7925 4202



## “AUTUMN” SWIM

Autumn “indoor” swim courses for kids begins 28th September.

“Places are taken up very fast, and when a group is full it will be closed as per safety regulations,” says Brian Camilleri.

Courses for non-swimmers to strong swimmers are available. Various dates and times are available, information booklet is found online.

Registration closes 21st September.

Organized by the Malta Football Association (MFA).

Pool is situated within the Millennium Stand Complex at Ta’ Qali National Stadium.

**For information, contact:**

MFA Swimming Pool on 2338 6440



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## “VOLLEYBALL” FOR WOMEN

Volleyball club is seeking female to play at a beginner level.

“Have you been away from the game for a long time and want to start again? Have you never played before? We have you covered,” says the coach.

Training takes place Tuesday 8pm at St Dorothy’s School in Zebbug and Thursday 6:30pm at Immaculate Conception in Tarxien.

No experience is required.

**For information, contact:**

Mellieha Tritones @MelliehaTritonesVolleyball



## “LET'S BANDS”

Specialized trademarked “resistance” training class now available.

“Build muscular endurance and maximise body-weight workouts,” says a rep.

Trademark bands are used to increase strength and stability whilst burning fat and toning lean muscle. “Gives you great workouts at home, holiday, gym or even at the beach.”

Bands can be found at participating retail outlets, including Free My Me, Teamsport, Niimee and Total Reflex Fitness.

Classes held at Reflex Total Fitness and Niimee.



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