



## “WALL”YOGA

Soon to open yoga studio introduces “Wall” yoga.

“A great prop to teach proper alignment and as such have access to parts of body and mind difficult to achieve otherwise,” says Govinda Cator.

Wall helps to practice with ease and stability, allowing the mind to relax and be more open to better receive the benefits of yoga.

Website featuring class descriptions and schedule launching soon.

Studio is located by the Msida Yacht Marina in Pieta.

**For information, contact:**

Raw Yoga Studio @rawyogastudiomalta



## “SUP”YOGA

Classes are now available for “SUP” yoga on a regular basis.

“Work out all your body with all the benefits of yoga whilst enjoying the fantastic feeling of floating on the clear Mediterranean sea,” says Svetlana Abela.

Stand-Up Paddle (SUP) yoga is practised while balancing on a large board, working core muscles. Boards are provided.

With five instructors, sessions are now available every week.

Held at Bahar ic-Caghaq, various dates and times.

**For information, contact:**

Power World Yoga on 7922 6112



## “BOSU”

Club now offers the “Bosu” ball fitness.

“Balancing on the bosu can help develop some of the stabilization muscles making it more than just a lower body workout,” says the instructor.

Both Sides Utilized (Bosu) ball was invented in 1999 offering a flat platform on one side and a half rubber dome on the other to improve flexibility and balance. Workouts include lunges, squats, pushups and situps.

Various classes and equipment also available at the gym, as well as, free-weights.

Towel must be used at all times.

**For information, contact:**

Sky Spirit on 2122 0055



## “ZUMBA” BY THE SEA

Instructor hosts “Zumba” class by the sea.

“Boost your energy, burn calories, have fun, meet new friends and dance. Enjoy the beautiful view,” says Monika Adamiak.

“Burn the dance floor and show the whole Malta how to spend time properly. Take water, friend, smile and join us.”

Class is held Monday, Wednesday and Friday 7:30pm, Saturday 10am in Sliema at the Independence Gardens (the park with the huge colourful cat).

**For information, contact:**

Zumba with Mona @adamiakmonika





## “GYM80”

Fitness centre introduces the made in Germany “Gym80” range of equipment.

“We pride ourselves as the leading innovators, by being the first to implement 24/7 opening hours, physiotherapists as part of our team, free group classes, and advocating training ethics within all our outlets,” says the manager.

Other fully equipped locations include Mellieha, St. Paul’s Bay, San Gwann, Santa Lucia and Zebbug.

**For information, contact:**

24/7 Fitness Club Ta’Qali on 2143 7023



## “STAIR CLIMBER”

Club now offers the “Stair Climber” equipment.

“Our facility has just about every feature you could wish for in a gym, with early opening hours to satisfy people who love to train before work and closing late at night for those who prefer an after work training,” says Mark Anthony Cuschieri.

Low-impact workout on stair climber helps to increase endurance and stamina while toning and strengthening muscles. Speed and resistance can be adjusted.

Stair climbers available at the gym in Qormi and Marsascala.

Other club locations include Cottonera, Paceville and Valletta.

Membership offers access to all five gyms.

**For information, contact:**

Challenger Fitness Centres on 2149 7265



## “WISP”

Personal trainer introduces “online” fitness program.

“New content will be uploaded soon with information on the project,” says Anthony Mifsud.

Partnering with Toronto-based specialists, the Weight Integrated Strength Programming (WISP) is set to soon launch.

Focused on advanced aerobic conditioning, advanced resistance training, nutrition and weight management.

**For information, contact:**

Sky Studio on 7980 5955



## “DELTOIDS”

Personal trainer offers “Deltoids” workout.

“Focused on increasing the volume of training and input some functional hypertrophy exercises,” says Roderick Schembri.

Workout is geared to strengthen the uppermost part of the arm and shoulder muscles.

Training is centrally based in Qormi.

**For information, contact:**

RS Trainer on 7924 4785



## “ELLESSE”

Italian sports wear brand “Ellesse” is in-store.

“Reputation for combining sportswear functionality with street-level fashion styling,” says a rep.

Sports wear company pioneered collaboration with fashion, working with a French designer in the '80s.

A number of sports celebrities are associated with the brand including boxer Muhammad Ali.

Store is located next to Kiabi in Qormi and in Burmarrad.

Open Monday to Saturday 9am to 7pm.

**For information, contact:**

Go Sport on 2144 7736



## “FULL MOON” YOGA

Instructor hosts “Full Moon” yoga session.

“Every full moon is an opportunity to celebrate life in its fullness. Yoga helps us to build strong healthy bodies and to be aware of how to nourish them,” says Elisa Schembri.

Classes available at various dates and times.

Bring a mat or towel and bottle of water.

Studio is based in Swieqi.

**For information, contact:**

Yoga with Elisa on 9949 6830

