



“SURPLUS AND ADVENTURE”

Outdoor “specialist” shop launches new website.

“It’s that time of the year. Totally waterproof and breathable products,” says Neil Galea.

Range of climbing, trekking, running and outdoor gear accessories available.

Shops located in Mosta and Fgura.

Reminder to check the opening hours and procedures.

Online shopping is available.

For information, contact:

Surplus and Adventure on 2142 0454



“FOAM ROLLING”

Personal trainer opens studio offering “stretching” techniques.

“As we grow older we lose some of our flexibility especially if we live certain lifestyles and fail to stretch afterwards, this leads to a tightening of the muscles that make everyday tasks like tying shoelaces more difficult,” says David Lewis Thomas.

Trainer offers Foam Rolling, a hamstring stretch done before and after workout, to loosen muscles and regain mobility.

Studio is based in Sliema.

Reminder to check the opening hours and procedures.

For information, contact:

Move Better Fitness on 7770 0175



“ALLEGRO REFORMER”

Pilates Allegro Reformer specialist launches “one-to-one” workout plan.

“Better posture, slimmer legs, tone-up arms and abdomen, more flexible and stronger body. I will design a workout plan especially for you,” says Izabela Biskupska.

Results are guaranteed with minimum of regular, twice weekly training.

Studio is located in Marsalforn, Gozo.

Reminder to check the opening hours and procedures.

For information, contact:

Pilates in Gozo on 7788 6608



“VINYASA” IN MOSTA

Instructor launches “fitness” classes in Mosta.

“Our dance classes get the body moving in a fun and friendly atmosphere by dancing to the beat. Our yoga classes use a flow of movements in tandem with breathing techniques,” says Fiona.

Vinyasa yoga style is taught.

Classes held at the Academy of Dance.

Reminder to check the opening hours and procedures.

For information, contact:

Yoga and Fitness Central @yogaandfitnesscentral





“FITNESS” EDUCATION

Personal trainer provides “educational” videos.

“Get informed on how to lead a healthy lifestyle through exercise and nutrition,” says Joseph Grima.

Topics include The Importance of Warm-Up and Cooldown, Core Crush, Strength vs Hypertrophy Training and Isolation and Compound Exercises.

Video show notes also available online.

Gym is located in Gozo.

Reminder to check the opening hours and procedures.

Online training is now available.

For information, contact:

Shape Up Fitness Centre on 7929 1003



“STRICTLY 360”

Studio launches “dance” school in Gozo.

“Giving Gozitans the chance to learn how to dance. We implement importance of the basic fundamentals and technical aspects,” says Laurence Tanti.

Classes starting in Latin, Ballroom and Salsa.

School will also offer fitness classes to adults, teens and children.

Based in Rabat, Gozo.

Main school located in Marsa has two fully equipped wooden floor studios, surround sound system, air conditioning, change room and parking.

Reminder to check the opening hours and procedures.

For information, contact:

Strictly 360 on 7999 2369