



“GEBLA CLIMBING”

Malta’s first indoor “bouldering gym” now open all week.

“Bouldering is rock climbing stripped back to the basics. High enough to be exciting, but low enough to be safe on the mats, you don’t need any experience, ropes or harnesses’,” says Steve.

Minimum of 60 different problems with 15 changed every week.

Guided outdoor sessions and courses to learn the safety and communication protocols of climbing is also offered.

Located in Mriehel.

Reminder to check the opening hours and procedures.

For information, contact:

Gebla Climbing on 7777 9687



“OCR”

Fitness training in “OCR” is available.

“Session by the sea makes you feel refreshed, strong and ready to take on the day,” says Laurie Pace, a gold medalist athlete.

Obstacle Course Race (OCR) training improves agility, strength and also endurance.

Outdoor sessions depend on weather.

Based around Malta.

For information, contact:

LPF on 7949 5452



“UNDER ARMOUR”

Fitness apparel specialist stocks latest “Under Armour” collection.

“Elastane provides stretch, but it holds moisture and increases odour problems. Our new thread texturing techniques and polymer developments eliminated the need for elastane. Tracksuit stretches so you can move, is durable so it lasts, and gives you extra warmth,” says a rep.

Collection now available for women and for men.

Outlet stores located in Iklin and Birkirkara.

Reminder to check the opening hours and procedures.

For information, contact:

TeamSport Malta on 2093 9640



“GAIAM”

Pro-quality “yoga kits” for beginners are in-stock.

“Whether you’re seeking increased flexibility or a workout that challenges your whole body, this is a great way to get started. Alignment yoga mat features guides to correctly position your body during poses,” says a rep.

Made by Gaiam, also available are blocks, straps, bags as well as grippy gloves and socks.

Ask your fitness centre or yoga teacher.

Online shopping and delivery service is based in Malta.

For information, contact:

Yoga Shop Malta on 9983 4401





“HUDDLE” CALL

Personal trainer provides “huddle” conference call.

“I want to understand your challenges and aspirations. We’ll start with a quick chat, so I can understand your goals,” says Louise Camilleri.

Free 30-minute call can be booked online.

Services offered include goal setting; Cardio, Strength and Flexibility program; nutrition guidance and progress tracking.

Guidance towards lifestyle adjustments, learning key fitness principles and gaining confidence and self-discipline is part of the program.

Based in Birkirkara and across Malta on request.

For information, contact:

Lulu Fitness Malta @lulufitness.mt



“TRAMPOLINES”

Fitness store offers range of mini “trampolines”.

“Compared to practically all other sports, trampolining consumes more calories and burns up fat at an accelerated pace. Simultaneously trains some 400 muscles in the abdomen, stomach, arms and thighs,” says a rep.

Various sizes for indoor and outdoor use. Also foldable style.

Range by Toorx, Hammer Cross, Megaform and Garlando is available.

Stores located in Fgura and Naxxar.

Reminder to check the opening hours and procedures.

Online shopping is also available.

For information, contact:

Tip Top Sports on 2248 3031