



“SPLASH” POOL

Company specializing in pools offers “Splash” wooden pools.

“Great fun and relaxation, in the safety of your own home. Carefully designed for enjoyment and safety,” says the product specialist.

Ideal for a small space, size is two by two meters.

Comes with integrated safety cover. Water level can be adjusted.

Wooden pools of various shapes and sizes are available in either below or above level.

For information, contact:

Krystal Pools on 9985 8697



“RJT”

Program designed for “youth” physical training launches.

“Exposure to a variety and well-structured activities that develop their core competencies,” says Jeremy Spiteri.

The fundamental motor skills of running, jumping, throwing (RJT), catching, twisting and kicking are taught through active movement combined with gymnastics and swimming programs inline with International Association of Athletics Federations (IAAF) fundamentals.

Geared towards children age seven to 12.

For information, contact:

SpeedWorks on 9944 1553



“OCR” CENTRE

Specialist in “Obstacle Course Race” (OCR) training opens centre.

“Today it’s all about upper body strength training exercises which will target five major parts. They enhance the strength of muscles, joints and bones for better movement and flexibility,” says Alan Curmi.

Training includes upper body, lower body, full body, cardio, core mobility, stretch and grip.

Indoor centre is located in Qormi.

Also classes available online via Zoom. No gym equipment needed

For information, contact:

Jungle Box @TheJungleBoxMalta



“TRAMPOLINE”

Workouts designed on a “Trampoline” are available.

“Our classes aren’t just cardio. They have been designed to offer full body workouts, toning those stubborn areas while actually having a good time,” says Kirsty Bugeja.

Class schedule to be announced.

Based in Bugibba.

Reminder to check the opening hours and procedures.

For information, contact:

Trampoline Fit @TrampolineFit





“MOVE SMART”

Gym launches “Joint” membership plan.

“At first you workout because you want the results but you end up enjoying the process. Motivate each other, keep strong, achieve,” says the trainer.

Fully equipped training centre with group class and juice bar areas is located at Smart City in Kalkara.

Reminder to check opening hours and procedures. Benefits Card, onsite parking and online training is also available.

For information, contact:
Move Smart on 2169 3861



“MY PT HUB”

Specialist launches “My PT Hub” platform.

“Our workouts take you through all kinds of gym equipment and our blogs and vlogs will help you get 100 percent out of each and every one. We hope to take some of the confusion out of getting into the gym,” says Alan Curry.

Programs span from eight to 12 weeks with new ones added monthly. Over 100 tutorial videos are available on-demand and workouts can be recorded to track progress.

App is available to download with technical support provided.

For information, contact:
Chic Physique on 7990 3961



“BIRTHDAY” PLAN

Newly opened centre launches “Birthday” plan.

“Let’s get in shape before summer. Let’s lift some weights. Gaining muscle mass in your shoulders,” says the manager.

Presentation of ID card on birth date to qualify.

Gym offers a variety of new equipment.

Other plans include day pass, week pass, month pass and Couples pass.

Located at the Luna Holiday Complex in Mellieha.

Reminder to check opening hours and procedures.

For information, contact:
Fit Gym on 2152 1645