



## “HOOP”

Aerial instructor offers “Hoop” fitness sessions.

“Perfect new hobby combining dance, strength and flexibility boosting your serotonin and confidence,” says Janet Fenech.

Aerial sling sessions also available for beginners.

Classes in Qawra and private class in Swieqi.

**For information, contact:**

In-Flow on 9950 7636



## “HAKUNA TABATA”

Specialist introduces “Hakuna Tabata” workout session.

“Total body, heart pumping, aerobic and strength conditioning workout,” says the trainer.

Inspired by the phrase “Hakuna Matata”, which means ‘no problem’.

Interval-based class mixes mobility and weight training.

Suited for all fitness levels.

Centrally located in Birkirkara.

Reminder to check the opening hours.

**For information, contact:**

Platinum on 2144 3348



## “SPINNING”

Specialist in “Spinning” opens new studio.

“Takes you to that place where you can let go, and leaves you feeling powerful and confident,” says Zara Ameen.

Exercises can be scaled to fitness level, strength and mobility.

Located in Naxxar and now also in St. Julian’s.

**For information, contact:**

Drive Fitness at @drivefitnessmt



## “DECATHLON”

Mega fitness store “refurbished” with summer stock.

“Energetic, cheerful, sport enthusiastic people who help making sport accessible. Our love is always for sports,” says the specialist.

Categories include dance; football; cycling; trekking; nature sports; racket sports; running; Pilates; water sports and swimming.

Equipment and gear for women, men, teens and children.

Centrally located at Centrepark shopping complex in Qormi.

Free underground parking is available.

Reminder to check the opening hours.

Online shopping and delivery service is also available.

**For information, contact:**

Decathlon Malta on 2095 9400





## “BOXFIT”

Facility specialising in “BoxFit” training is available.

“We believe that boxing and gym go hand-in-hand and we are here to provide you a golden experience,” says the specialist.

Sessions in group or one-to-one, plus use of gym.

Located at ActiveZone Fitness Centre in Santa Venera.

Locker rooms, showers, A/C, cardio, CrossFit also available.

Reminder to check the opening hours.

**For information, contact:**

Golden Punch on 2122 8891



## “GIBOARD”

Specialist introduces “Giboard” slackline fitness boards.

“Not only will they challenge your balance and core strength, but they’ll also help strengthen your feet and improve your overall foot health,” says Clint Schembri.

QR code on board for access to tutorials and exercises.

Maximum load with one line is 100 kilograms.

Wood from the EU FCS approved.

Made by Gibbon.

Online shop is based in Malta.

**For information, contact:**

Barefoot Shack on 7930 0366