



“I ENDURED”

Next “I Endured” event takes place 14th December.

“Test your physical and mental fortitude in a format designed for anyone and everyone. Dozens of people have crushed their personal best,” says David Gladwish.

Nearly seven kilometer run called a yard begins on the hour, every hour. Finish a yard within 60 minutes to run again. Fail to return within the cut off time results in elimination.

Starts 9am at Zonqor Point in Marsascala.

For information, contact:

I Endured @iEndured



“TRAIL MAKERS”

Organiser offers weekend break with “fitness” activities.

“Weekend packed with a lot of adventures, great achievements, new discoveries,” says Giovanni Camilleri.

Opportunity to either walk or boulder.

Suitable for beginners.

Meals and accommodation package is available.

Next event 8th November in Gozo.

For information, contact:

Trail Makers on facebook



“TEEN” WORKOUT

Gym specialises in “Teen” workout training.

“Action-packed training sessions designed just for teens. Nourish your body, energize your spirit, and help you thrive in every aspect of life,” says the instructor.

One hour sessions.

Fully equipped gym with air condition provided.

Located in St. Paul’s Bay.

For information, contact:

Fitness Cafe on 7745 2831



“GRIP” SOCKS

Fitness apparel and gear specialist stocks “grip” socks.

“Provide maximum grip and stability, allowing you to fully focus on your workout,” says a rep.

Made by Givova.

Available in various sizes and colours.

Brand also offers track suits, cotton workout wear and accessories including gym bags, bum bags and water bottles.

Stores located in Attard, Bugibba, Mellieha, Msida and Rabat.

Reminder to check the opening hours.

For information, contact:

Sports Locker Malta on 2145 6431





“AFTER-SCHOOL” YOGA

Specialist of kids yoga offers “After-School” sessions.

“Designed to help them unwind after a long day at school while building strength, focus, and self-confidence,” says Silvia Modrego.

Spaniard is Cosmic Kids yoga teacher certified and a kindergarten teacher. Session in Mosta Monday and at Body Works in St. Julian’s Wednesday

All sessions run 4pm to 5pm.

Suitable for children ages four to six.

For information, contact:

Aloha Happy Kids on 9981 7274



“ARIEL” YOGA

Yoga studio launches “Ariel” training.

“Experience the sensation of flying as you flow through poses both on and off the ground,” says Merve.

Combines traditional yoga poses with the support of a fabric hammock suspended from the ceiling.

Allows deeper stretches to build strength and improve flexibility.

Suitable for beginners.

Class every Thursday 7pm.

Studio is located in St. Julian’s.

For information, contact:

Yoga Malta on 7985 6030