



“TAI CHI”

Centre is now offering “Tai Chi” sessions online.

“Helps you to relax and relieve stress especially in these times. The low-impact nature of the routines improves the condition of bones, joints and muscles without strain,” says Alana Axisa.

Exercises regulate all systems within the body improving digestion, respiration, as well as, circulation.

Class available for seniors, adults and children.

Times and days vary.

For information, contact:

Tao Fitness on 9925 6363



“BEACH” TENNIS

Sports gear specialist offers “beach” tennis range.

“Ideal for learning to play beach tennis with friends or family,” says a rep.

Range of Sandever gear available includes rackets, balls and net.

Self check-out counters and click-and-collect service is available.

Store is located at CenterParc in Qormi.

Reminder to check the opening hours and procedures.

Parking is available.

For information, contact:

Decathlon Malta on 2095 9400



“KYX”

Boutique gym, “KYX” is now open.

“Fully equipped facility including free weights, plate loaded machines, functional fitness area and cardio machines;” says Mark Lewis.

Personal training is also available.

Changing room facilities as well as parking on-site.

Located at the Daniels Shopping Centre in Hamrun.

Reminder to check the opening hours and procedures.

For information, contact:

KYX @kyxofficial



“TRIPOD”

Gym launches specializing in “CrossFit” training.

“The magic is in the movement. Make movement your medicine,” says a rep.

Various classes available include Sweat, OCR and CrossFit for beginners.

Held outdoor depending on weather.

Currently indoor space is only available to a maximum of five people.

Located at the National Basketball Complex in Ta Qali.

Reminder to check the opening hours and procedures.

For information, contact:

Tripod Fitness on 7993 4999





“AR”

Soon to open is a “luxury” fitness centre.

“Finalizing some designs, exciting days ahead. Beautiful barbells just got delivered (as shown). Can’t wait to see them being used in the new gym. More equipment on its way,” says Amber Ruggier.

Fully equipped with gym fitness brands including Telju and ATX.

Opening in Attard.

Website to soon be launched.

For information, contact:

AR Fitness on 9917 2821

“FIT WOMEN”

Fit model launches “Fit Women” challenge.

“Cardio in the morning will allow you to burn a higher percentage of fat for energy, keep you energetic all day. Resistance training ability will suffer and should be best kept for later in the day,” says Marika.

Challenge consists of six week workout, twice weekly with nutritional advice, “It’s simple to swap foods into your diet which are packed with essential vitamins and minerals.”

For information, contact:

Marika Health and Fitness Blog on 7920 1330

“GROUP” TRAINING

Various “group” training sessions are available.

“Signature workouts, functional training and state of the art gym equipment,” says the manager.

Classes specific to intensity levels and body areas include HIIT, Boot Camp, Shred and Tone, Fit Fusion, Muscle Playground and Six Pack Attack.

Gym is located next to the airport in Luqa.

Reminder to check opening hours and procedures.

For information, contact:

Sky Spirit on 2122 0055