



## “SH1FT”

Gym specialising in “Sh1ft” workouts is open.

“Fully equipped with TechnoGym equipment, ensuring a great workout every time from the cardio section all the way to the strength and functional area,” says Aaron.

Workouts include SH1FT smart, high-intensity, functional training; L1FT strength development; R1ZE high-intensity functional training using the step; and M1ND mobility, stability, flexibility.

Seven-day free trial with complimentary hour of parking is available.

Gym is located at Trident Park.

**For information, contact:**

Truxton on 7730 8385



## “GYMNASIA”

Gym upgrades “equipment”.

“Highest standards, ensuring your training is supplied through the highest quality machines possible for all your training needs,” says Alan Micallef.

Nine new machines have been introduced on the main floor.

Strong Box training area is also available.

Located in Paola.

Reminder to check the opening hours.

**For information, contact:**

Gymnasia on 2717 1717