



“SEA” TREKS

Company offers “unique” water activities.

“Stand Up Paddling or SUP is a relatively new sport in Malta and offers a fun and relaxing way to explore the beautiful coastline,” says Henry Copperstone.

Using Red Paddle boards which are light and extremely stable, session lasts approximately four hours for singles, couples or groups of up to nine adults.

After work sunset session of two hours is also available.

No experience is needed, lesson is included.

Fully licensed by Transport Malta, company organizes guided sea treks from any coastal part of Malta and Gozo.

Weather permitting.

For information, contact:

SUP Mania Malta on 9942 2264



“KAYAK” TOURS

Guided tours are available for “beginners”.

“We’ll introduce you to the basics of paddling before, and dedicate as much individual attention as needed,” says Alan Chetcuti.

Sunrise, sunset and dog-friendly tours are offered.

Tours are available at various locations for half-day or full-day.

All equipment included.

Weather permitting.

Company is based in St. Paul’s Bay

Reminder to check the opening hours and procedures.

For information, contact:

Kayak Tours Malta on 7942 4265



“BEACH” WORKOUT

Team of fitness specialists offer “beach” workout sessions.

“When sand moves beneath your feet, it engages your ankles, arches, and calves, which can burn extra calories while you move,” says Ryan Formosa.

“Natural settings are more challenging to your brain and body. Varied slopes, wind, and unstable or soft surfaces require more muscle engagement, more focus, and more effort.”

Outdoor sessions include strength and conditioning as well as circuit training.

Times and locations are announced online.

Instructor is an experienced CrossFit athlete.

For information, contact:

Projekt Fitness on 9979 4471



“OUTDOOR” SESSIONS

Group of fitness specialists offer various “outdoor” sessions.

“Our classes are held outside, the place is huge, keeping a safe space between you and other people during the workout is our priority,” says Charlie Demanuele.

Sessions include OutdoorBlast with Annie, Interval Weight Training with Sue and HIIT with Maureen.

Sponsored by InterSport, NamedSport and Garmin, training takes place in Pembroke near the BMX race track.

Participants must bring a mat, towel and water.

Reminder to check times and procedures.

For information, contact:

Transformation Zone on 7930 0773





“PILATES SCULPT”

Trainer offers an online “Pilates Sculpt” class.

“Low impact workout that might look simple but it can be quite demanding. It’s all about precise techniques, concentration, control and breathing,” says Roberta McCarthy.

Ideal to strengthen abdomen and pelvis, as well as, maintain good posture.

Class is 45 minutes online with a mat and light set of dumbbells required to participate.

Personal training packages are also available online or outdoors.

For information, contact:

Core Connect @coreconnect.mt



“SOULFIT”

Trainer offers “SoulFit”, a program designed just for women.

“You will work your entire body with fat-burning and toning exercises, then end with relaxing stretches to soothe your mind,” says Laura Holland, who specializes in post-natal fitness.

Class is held both online with videos available on-demand and outdoor session with limited participants.

No equipment is necessary.

Studio is located in Gozo.

Reminder to check the opening hours and procedures.

For information, contact:

More Than Movement on 7709 2480



“SCRAM”

Gym introduces “personal trainer”.

“Meet Joanne, another member of our super team. Her ultimate goal is to motivate and inspire others to pursue and reach their goals; be it fitness, strength, weight loss, or simply a change of lifestyle,” says Tina.

Specializing in high intensity interval training and strength training.

Expansion work to the training space and upgrades to equipment are completed.

Centrally located in Birkirkara.

Yoga class is also now available.

Reminder to check the opening hours and procedures.

For information, contact:

Scram Gym on 2123 2343



“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



“EXPRESS FITNESS”

Gym located in Qawra, “Express Fitness” is under new management.

“Battle rope HIIT cardio is one of the best forms of HIIT. It torches calories and burns fat like no other. It builds work capacity and aerobic conditioning,” says Eric Schembri.

Gym also offers pool, spa and supplements including protein, vitamins, meal replacements and weightloss.

Located inside the Soreda Hotel.

Reminder to check the opening hours and procedures.

For information, contact:

Express Fitness Club on 2385 3732



“XTERRA”

Dates announced for local “fitness” races.

“Make a lifestyle change or challenge yourself to the next level. You can find a challenge no matter how new or pro you are to the sport,” says Nathan Farrugia.

Events take place in September, including Comino Swim-Run and Xterra Kids.

Registration is open.

The organizer Hellfire Academy also provides preparation training, “will help you pick up all essential skills to cover off-road triathlon races.”

For information, contact:

Xterra Malta at maltaxterra.com





“AQUAGYM”

Specialist launches series of “Aquagym” fitness classes. “Get fit in the pool. Outdoor pool is big enough to keep the social distance,” says Raissa.

Series includes Aqua Power, intense level to tone and strengthen cardio and Aqua Soft, ideal for toning on a lighter intensity level.

Participants must bring a swimming noodle.

Class held at the Salini Resort and in Siggiewi.

Times and days vary.

Reminder to check opening hours and procedures.

For information, contact:

Aquagym with Raissa on 9979 6863



“COROS”

Range of “performance” fitness watches is available.

“Create, share and receive a structured training via the app and sync them to your watch,” says a rep.

Different training programs from coaches and pro athletes available on the Coros website.

Made by Coros, range is suitable for various activities including running, cycling, aerobics and swimming.

Available from the brand specialist who is located in Sliema and Valletta.

Reminder to check opening hours and procedures.

For information, contact:

Agius Watches on 2131 5576



“SWIM” GEAR

Department store offers range of “swim” gear.

“Snorkel set for real adventurers snorkel, flippers and diving mask. Be fully equipped to swim under water,” says a rep.

Diving goggles, flippers, fins, snorkels in various colours and sizes for adults and for children.

Found at the store located in Ta’Qali.

Check the opening hours and procedures.

Attard Brothers Group brought BigMat to Malta in 2015 with a superstore concept to meet the needs of the Maltese household DIY needs.

For information, contact:

BigMat Malta on 2338 4400