

REACH YOUR GOALS



Fitness is not something that can be achieved overnight; it is something that has to be continuously worked on throughout a lifetime. PULSE FITNESS STUDIO is committed to helping you realise your full potential and reach your goals, whether they are to lose a few of those unwanted pounds, put on a few pounds in muscles or to get fitter and healthier, writes Kyle Micallef.

From treadmills to rowers and resistance machines to free weights, the Pulse Fitness Centre gym floor has everything that you need. Pulse also employs four fully-qualified instructors, one of whom has a BSc in Sports Therapy and can deal with your injuries and rehabilitation. They are always at hand and ready to help.

When they start, each member has a consultation with one of the instructors and an individualised program is drawn up. They are taken through their programme to ensure the exercises are done properly and safely. After six weeks, the programme is reviewed to limit each individual's plateau and get the most out of the training. If you're seeking a more one-to-one approach to your training, personal training by David Grech, Clare Degiorgo and Sue Grech is also offered.

Pulse Fitness Studio also offers a wide variety of classes which will push you in their very own way. For example, Pulse boasts the only commercial **Kinesis** classes on the island. Comprised of four machines, the Kinesis system uses different points of contact and handles to challenge your body in all three planes. The ropes and handles all move in large ranges of motion making the exercise options endless. Where the ropes attach to the machines determines what muscles you work, but in a standard 20-minute workout you do the same basic series with your lower body on each machine: a half squat, full squat, lunge, and lunge to crane, super challenging for balance and the core. Your heart rate will surely be elevated during this all in one full body workout.

If you're looking for the ultimate challenge and to take your fitness levels

to new heights, then the worldwide phenomenon that is CrossFit is just what you need. Pulse Fitness Studio is proud of housing Malta's first and only CrossFit affiliate, **CrossFit356**, run by Kyle Micallef. The program is defined as "constantly varied functional movements performed at high intensity." This means that every session is different, unique and uses natural and safe movements such as running, jumping, squats, push-ups, pull-ups and many more. The aim is to develop total fitness and not just a specific element. By keeping the workouts varied and different, the body never adjusts and is always challenged.

Since its introduction in 2001, **Zumba** has gone from strength to strength. Pulse classes, headed by Marisa Baldacchino, might be what you're looking for in fitness. Her smile and enthusiasm are both welcoming and contagious and this quickly makes you feel comfortable in her classes. Besides having fun and working out with a smile, you'll be sure to dance your way to a new, fitter you.

Besides being the Zumba instructor, Marisa is also the **Pilates** instructor. From being loud and vibrant during her dance classes, in her Pilates classes she is mellow and tranquil. This is an exercise system that is focused on building strength without bulk, improving flexibility and agility, and helping to prevent injury. The primary focus is on awareness of the spine, proper breathing, core strength and flexibility. The outcome is a balanced body which is strong and supple, flat stomach, balanced legs, and a strong back.

If you are looking for peace of mind and harmony, then look no further than our **Yoga** classes, led by Cheryl Millen. If you picture a woman in an almost impossible position when doing Yoga, don't. That takes years to achieve and you are built up step-by-step starting with simple movements. Cheryl is fully aware that not everyone is on the same level and can adapt her classes to complete beginners as well as seasoned veterans.

Suffering from arthritis or any other bone or joint problems? Just getting back into exercise and want to ease yourself into it? Pulse's **Aqua Aerobics** are a sure thing for you. Held by Elaine Camilleri, these classes are fun as well as a good way to keep fit and put minimal stress on the body. Performed in the heated pool, they also serve as a form of rehabilitation for anyone suffering from painful or stiff joints. The great thing about Aqua Aerobics is that the body does not take a beating like other conventional programs and can be a good way of starting or getting back into exercise.

Visit the open week at Pulse Fitness



Studio between 13 and 18 February. Book a free, no obligation taster session of their classes or an appointment with one of the fitness instructors. Call 2544 3001 or e-mail: info@pulse.com.mt to hear about the fantastic offers on gym memberships. 📍