

# **FITNESS FUN ON THE BEACH**

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*Why not do sport with pleasure in an extremely beautiful place and well-surrounded ? Fitness Fun on the Beach offers you the right solution at Riviera Bay (Għajn Tuffieha) that I have tested for you. How kind am I ?*

## **THE TRAINER**

Deirdre is a retired sprinter with a very successful sporting career as she has represented Malta at the international level through many competitions : Small Nations of Europe Games, World Championships, Mediterranean Games, the Barcelona Olympic Games... Sport is therefore a large part of her life, a passion and an experience that she loves to pass on to others through her role of personal trainer since now eight years.

## **THE TRAINING**

On arrival, I discover a splendid landscape between a blue sea, calm and a cliff with many vegetation. Then it's time to get in shape and tackle the 200 steps that lead to the beach to join the group. After a one km run, the muscles are warmed up with 10 minutes to go up and down the stairs. The cardio part stops there and we move on to the weight training. The coach proposes a first circuit with five exercises that will have to be performed for 30 seconds then 10 seconds of rest to be able to go to the next one and then we do it twice in a row. There will be three different circuits in all that are very well built because they allow you to work all the muscles of the body, we can find burpees, different forms of abs, squat and we don't forget the arms that we work with weights. The only missing point would be the absence of stretching at the end of the session, which remains very important because they help to make muscles more flexible, improve recovery and avoid injuries. So don't hesitate to ask her to show you some stretching! She is an attentive person, professional and motivating. But the class I was able to realise is not for novices, unfortunately. Indeed, you have to practice a sport so that the class can be accessible for you and so that it doesn't turn out to be too hard. But don't hesitate to contact her beforehand because she has many offers according to your level of physical fitness and the number of participants.

## **NAMELY FOR THE NEXT TIME**

You can find all the events on the facebook page Fitness Fun on the Beach or contact the coach by phone : +356 7942 9500. The course costs 5€ per person and lasts one hour. To be able to participate, you only need a sports outfit on you, a bottle of water and a towel and a mat only if you have one. All equipment will be provided.

The coach is only waiting you ! And don't forget, everything happens outside the comfort zone !