

FITNESS CLASS CALENDAR

July 2020



Health Management Department
(671) 477-5091 ext. 1185
enjoylife@staywellguam.com
staywellguam.com



**HEALTH
MANAGEMENT
PROGRAM**
Exclusive to StayWell members!



Unit 202 Mikkel Tan Annex,
Tun Camacho St., Tamuning
Behind KFC
969-7308
686-7779



Operation Hours:
(M-F) 6:30am - 1:00pm
5:00pm - 8:00pm
(Sat) 9:00am - 11:00am
(Sun) CLOSED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am & 6:00 am Urban Run Training	6:00-7:00am Cross Training	5:00am & 6:00 am Urban Run Training	6:00-7:00am Cross Training		5:00am Urban Run Training
8:00- 9:00am Cardiomaxx (Optional live Online)	8:00- 9:00am Abs & Butt (Optional live Online)	8:00am- 9:00am Cardiomaxx (Optional live Online)	8:00- 9:00am Urban Athletes (Optional live Online)	8:00am- 9:00am Cardiomaxx (Optional live Online)	8:00- 9:00am Urban Athletes (Optional live Online)
12:00-1:00pm Cross Training	12:00-1:00pm Indoor Cycling (Optional live Online)	12:00-1:00pm H.I.I.T	12:00- 1:00pm Indoor Cycling (Optional live Online)	12:00-1:00pm Strength Training	
5:45- 6:45pm Cross Training	5:30pm Cardiomaxx	5:45-6:45pm Strength Training	5:30pm-6:45pm Abs & Butt		
6:15 pm Mixedfit (Marlyn)	6:30pm Sindalu Fitness (Cross Training) (Jerome)	6:15 pm Strongnation (April)	6:30pm Sindalu Fitness (Cross Training) (Jerome)	6:15 pm Mixedfit (Brian)	

DESCRIPTION OF CLASSES

Awesome Abs & Butt – One full hour of class consists of awesome abs & butt workouts. The butt exercises are designed to tone, lift, and firm your butt.

CardioMaxx – A high intensity, polymeric based workout that helps you build endurance, stamina, agility and strength. This class will keep your heart rate up and push you to the max!

Circuit Cycling/Group Ride - With great music and strong cycling techniques this class will make you burn calories and make you sweat.

Urban Athletes – Is a mixture of cardio and weight training exercises to build a stronger athlete.

H.I.I.T. – High Intensity Interval Training is a system of organized cardiorespiratory training which calls for repeated bouts of short duration, high-intensity exercise intervals.

Power Press - It is an overall body conditioning exercise to firm, shape, and defines your body. This is a weight training class with numerous repetitions of light weights using barbells, plates and dumbbells.

Mixed Fit® – Mixed Fit® is a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning.

TRX® Suspension – A “best-in-class” workout system that leverages gravity and your bodyweight to perform numerous exercises.

Zumba® – Dance fitness classes that are fun, energetic, and make you feel amazing.

* Coverage for fitness benefit varies according to plan. Class schedules and descriptions are subject to change without prior notice. For more information, please visit our website or contact the Health Management Department at 477-5091 ext. 1185. If you haven't exercised in a long time or have a heart condition that increases your risk of injury during exercise, kindly consult your primary care provider before starting an exercise program.

Operation Hours:
(M-F) Open 24 hours
(Sat-Sun) 7:00am - 6:00pm

[illegible]

Stay Tuned

[illegible]

DESCRIPTION OF CLASSES

Spin – An all-terrain ride that will burn calories, build strength and improve fitness. The energetic music motivates each rider through a variety of speed and resistance challenges.

Yoga – Challenge your mind and body with yoga poses, breathing and relaxation. Dynamic, flowing posture sequences will build strength and flexibility. Mats are available.

Core-ageous – A mixture of plyometrics, martial arts, and some CORE training. Outrageous CORE. Be brave!

TRX® – Suspension Training is a workout utilizing a system of suspended straps with handles, allowing the user to work against their body weight as they train. This interval-based class will keep your heart rate elevated as you transition between cardio and strength intervals to exercises on the TRX straps to develop strength, balance, flexibility, endurance, coordination, and core stability.

HIIT IT – A fun-filled cardiovascular and muscular endurance class. High Intensity Interval Training (HIIT) is the best way to burn fat and boost your metabolism.

Judo – A martial arts sport in which you use the opponents weight and balance against them rather than forcing them in a direction

Activate-Integrated KickBoxing - A class in which an exciting integrated training format of kickboxing cardio, core, flexibility, strengthening and balancing are done.

Operation Hours:
(M) 5:45 pm - 9:00 pm
(T) 6:00 pm - 8:00 pm
(W) 6:00 pm - 9:00 pm
(Th & F) 6:00 pm - 8:15 pm
(Sat) 7:30 am - 12:30 pm
(Sun) CLOSED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stay Tuned					

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138 Chalan Katne, Suite 104
 Summer Town Estates
 Dededo, Guam
687-4229
tpaguam@gmail.com



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Classes available at the TPA Dededo					
6:00pm Kids Jiu-jitsu			6:00pm Kids No Gi		9:30am Kids Jiu-jitsu
6:00pm Strength Training	5:30pm Muay Thai	6:00pm Strength Training	5:30pm Muay Thai		10:45am Adult Jiu-jitsu
7:00pm Adult Jiu-jitsu	6:30pm Zumba/Zumba Toning (30/30)	7:00pm Adult No Gi	6:30pm Zumba/Zumba Toning (30/30)	7:00pm Adult Jiu-jitsu	6:00pm MixxedFit
Stay Tuned for TPA Hyatt Regency Hotel Class Schedule					Sunday
					6:00pm Zumba/Zumba Toning (30/30)

102 University Drive Unit #5#6 La
 Isla Arcade Plaza
 Mangilao, Guam
487-7718
Email: guammuythai@gmail.com



Operation Hours:
 (M) 6:00 pm - 9:00 pm
 (T) 6:00 pm - 9:00 pm
 (W) 6:00 pm - 9:00 pm
 (Th) 6:00 pm - 9:00 pm
 (F) CLOSED
 (Sat) 9:30 am - 2:30 pm
 (Sun) CLOSED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					12:30pm- 2:30pm
Stay Tuned					
Please see perks flyer for special drop-in rates					

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