

Enjoy LIFE



Stay Well. Enjoy Life. Get Fit!

StayWell is pleased to offer free fitness classes and exclusive member discounts at various gyms on island. For more information, call our **Health Management Team** at 477-5091 ext. 1185, or email at enjoylife@staywellguam.com.

FITNESS PARTNERS

NEW!

ENJOY EXCLUSIVE MEMBERSHIP DISCOUNTS!

HATSAGUAM
Join the movement



GUAM KYOKUSHIN
HAGATNA DOJO
グアム 極真会



- * Call StayWell's Health Management Department for more information on exclusive member rates, classes and up-to-date fitness partner lists. Rates, class schedules and availability are subject to change without prior notice.
- * Consult with your primary care physician before beginning any exercise program.
- * To register at a participating fitness center, please present your StayWell health insurance card and one valid ID.

ENJOY FREE CLASSES!



URBAN FITNESS GUAM

Unit 202 Mikkel Tan Annex
Tun Camacho St., Tamuning
Phone: 969-7308
Mon-Fri 8am-1pm, 4pm-8pm
Sat 9am-12pm



MANTRASANA FITNESS STUDIO

*Free Zumba®, Mixedfit, Regular Yoga classes. Discounted Member Rates apply to all other classes RK Plaza, Rte. 16, Barrigada Heights
Phone: 929-2359 (2FLY),
WhatsApp: 929-9922



INTERNATIONAL SPORTS CENTER

484 West Soledad Avenue
Hagåtña
Phone: 477-9885
Open 24 hours (5am Mon-Midnight Fri)
Sat-Sun 7am-6pm



THE LITTLE ZIN STUDIO

Acanta Mall
962 Pale San Vitores Rd. Tumon
Phone: 483-1055
Open: Mon-Sun

staywellguam.com



HEALTH MANAGEMENT PROGRAM

Exclusive to StayWell members!

