

FITNESS CLASS CALENDAR

AUGUST 2017

Enjoy
LIFE



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



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

**STAY
WELL**[®]
INSURANCE

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



Operation Hours:
 M-F 8am-1pm, 4pm-8pm
 Sat 9am-12pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am TRX Circuit Cycling James	8:00am CardioMaxx Jackie	8:00am Awesome Abs & Butt James	8:00am Circuit Training James	8:00am CardioMaxx James	
9:10am CardioMaxx James	9:10am Power Press James	9:10am Urban Athletes James	9:10am CardioMaxx Nobu	9:10am TRX Circuit Cycling James	9:00am Urban Athletes James
12:00pm Circuit Training James	12:00pm Group Ride Cycling James	12:00pm Circuit Training James	12:00pm Circuit Cycling James	12:00pm Circuit Training James	
OPEN GYM	5:35pm CardioMaxx James	5:30pm Aqua Zumba at Sheraton Resort 5:35pm Zumba Christine	5:35pm Power Press James	5:35pm Group Ride Cycling James	
5:45pm H.I.I.T. Kendra	5:45pm Circuit Training Ceto	5:45pm H.I.I.T. Kendra	5:45pm Circuit Training Ceto	OPEN GYM	10:00am CORE James <small>NO CLASS 9/03</small>
6:35pm Awesome Abs & Butt James	6:35pm Zumba Patrick	6:35pm Zumba Toning and Circuit Cycling Jesse	6:35pm Zumba Patrick	6:35pm Zumba Christine	

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.

Core – 30 minutes workout session that concentrates on strengthening your core.

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.

Circuit Training - Fundamental training with functional movements that combines strength and conditioning, cardiovascular workouts, flexibility, polymeric and explosive movements.

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.

1088 Army Drive
 RK Plaza Unit #4
 Barrigada
969-2FLY (2359)
 Whatsapp: 929-9922



Operation Hours:
 M-F 5:30pm - 8:30pm
 Sat 8:30am - 12:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45pm Zumba Michael/Marlyn	6:00pm Deep Stretch Yoga Franceska	6:00pm Mixedfit Adrian		7:30am Power Yoga Franceska

484 W. Soledad Ave.
 Hagåtña, Next to KFC
477-9885



Operation Hours:
 M-F Open 24 hours
 (Mon 5am - Fri Midnight)
 Sat-Sun 7am-6pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00am HIIT IT Eileen	5:30am HIIT IT Eileen	8:30am Pilates Natalie <hr/> 11:00am KickBoxing Bella <hr/> 12:00pm HIIT IT Eileen <hr/> 4:00pm - 6:00pm Judo Mike/Gen <hr/> 5:30pm Spin/Sculpting Louise <small>*Off-island until 8/05/17</small> <hr/> 7:00pm Core-Ageous Roy Hanes III	5:30am HIIT IT Eileen <hr/> 5:30pm Yoga Lyn	9:00am Pilates Mieko <hr/> 11:00am HIIT IT Eileen <hr/> 4:00pm - 6:00pm Judo Mike/Gen <hr/> 5:30pm Yoga Lyn	8:00am Yoga Lyn <hr/> 8:30am Activate Bella

DESCRIPTION OF CLASSES

HIIT IT - A fun filled cardiovascular and muscular endurance class. High Intensity Interval Training (HIIT) us 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 then forcing them in a direction.

ACTIVATE-INTGR. KICKBOXING - A class in which an exciting integrated training format of kickboxing cardio, core, flexibility, strengthening, and balance are done.

SPINNING - 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. Each class will take you on a creatively designed ride to maximize your fitness potential.

CORE-AGEOUS - A mixture of plyometrics, martial arts, and some CORE training. Outrageous CORE. Be Brave!

PILATES- mat floor exercises are based on the principles of Joseph Pilates that are designed to work the deepest muscles in the body by strengthening and stretch-ing the musculature from the shoulder girdle through the hips while working on balance, posture and increase core strength. Pilates sculpt& Pilates with props incorporates balls, resistance bands, magic rings and body bars, adding more to the traditional mat class. .

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Acanta Mall
962 Pale San Vitores Rd.
Tumon

671.483.1055
671.688.3281
671.482.5600



The Little Zin™ Shop & Studio

Operation Hours:
Monday - Sunday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30pm Aqua Zumba Pinki		5:30pm Aqua Zumba Pinki		5:15pm Zumba Sentao Christine <hr/> 5:30pm Hot Hula Pinki	

DESCRIPTION OF CLASSES

Aqua Zumba – Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! Benefits. There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Zumba Sentao – combines strength and resistance training with innovative dance moves, using a chair as your dance partner. A high intensity workout that focuses on defining your muscles, improving overall cardiovascular health and burning major calories in the process.

Hot Hula – a fun, new and exciting "total body" dance workout inspired by the dances of the Pacific Islands. HOT HULA fitness® isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, glutes, quads and arms.

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