

FITNESS CLASS CALENDAR

OCTOBER 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



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	
5:35pm Strong by Zumba Christine	5:35pm CardioMaxx James	5:35pm Strong by Zumba April	5:35pm Power Press James	5:35pm OPEN GYM	10:00am CORE James <small>NO CLASS 9/03</small>
5:45pm H.I.I.T. Kendra	5:45pm Circuit Training Ceto	5:45pm H.I.I.T. Kendra	5:45pm Circuit Training Ceto	5:45pm Group Ride Cycling James	10:30am Strong by Zumba & Hot Hula Fitness Jason
6:35pm Awesome Abs & Butt James	6:35pm Zumba Patrick	6:35pm Hot Hula Fitness Yeole	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
9:00am Aerial Class Vanese	5:30am HIIT IT Eileen	9:00am Aerial Lyra Vanese Pilates Natalie <small>*No Class 10/4 & 10/11</small>	5:30am HIIT IT Eileen	11:00am HIIT IT Eileen	8:30am Activate Bella
11:00am HIIT IT Eileen		11:00am HIIT IT Eileen	12:00pm TRX Brian	4:00pm - 6:00pm Judo Mike/Gen	
4:00pm - 6:00pm Judo Mike/Gen		4:00pm - 6:00pm Judo Mike/Gen			
5:30pm Spin/Sculpting Louise	12:00pm TRX Brian	5:30pm Spin Louise	5:30pm Yoga Lyn/Leah	5:30pm Yoga Lyn	3:00pm TRX Brian
7:00pm Activate Bella		7:00pm Core-Ageous Roy Hanes III	7:00pm Activate Bella	6:30pm Mixedfit Fritzie/Mae	

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 stretching 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

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
7:00pm Zumba Demi		12:00pm Yoga Melvin	6:00pm Zumba Sentao Christine		12:00pm BYOB Bring Your Own Ball Eileen

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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