

FITNESS CLASS CALENDAR

DECEMBER 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	8:00am Step & Tone Louise
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 Melvin	12:00pm Circuit Training James	10:00am CORE James <i>NO CLASS 9/03</i>
5:40pm Strong by Zumba Christine	5:40pm CardioMaxx James	5:40pm Strong by Zumba April	5:40pm Power Press James	5:30pm OPEN GYM	
5:45pm H.I.I.T. Kendra	5:45pm Circuit Training Agnes	5:45pm H.I.I.T. Kendra	5:45pm Circuit Training Ceto	5:45pm Group Ride Cycling James	10:30am Hot Hula Fitness Jason
6:40pm Awesome Abs & Butt James	6:40pm Zumba Patrick	6:40pm Hot Hula Fitness Yeole	6:40pm Zumba Patrick	6:40pm 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.

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

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

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.

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

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.

Hot Hula – Strong, sexy and spirited, this is a vacation from the typical dance workout. Kickoff your shoes, put on a lava-lava and travel through a "total body workout" in 60 minutes. 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. Inspired by the dances of the Pacific Islands incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout.

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

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.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am Intro to TRX Leane		5:00am Intro to TRX Leane			
	5:30am HIIT IT Eileen		5:30am HIIT IT Eileen		
9:00am Aerial Lyra Vanese		9:00am Pilates Natalie		11:00am HIIT IT Eileen	8:30am Activate Bella Hot Hula Lita
		10:00am Aerial Silk Vanese	10:00am Aerial Silk Vanese		
11:00am HIIT IT Eileen					
	12:00pm TRX Brian	12:00 pm HIIT IT Eileen		4:00pm - 6:00pm Judo Mike/Gen	
4:00pm - 6:00pm Judo Mike/Gen		4:00pm - 6:00pm Judo Mike/Gen	12:00pm TRX Brian		Sunday
5:30pm Spin/Sculpting Louise		5:30pm Spin Louise	5:30pm Yoga Lyn/Leah		3:00pm TRX Brian
	5:45pm Hot Hula Lita			6:30pm Mixedfit Fritzie/Mae	
7:00pm Activate Bella		7:00pm Core-Ageous Roy Hanes III	7:00pm Activate Bella		

DESCRIPTION OF CLASSES

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

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

MIXED FIT - 60 MINUTE CLASS based on a people - inspired dance fitness program that is a mix of explosive dancing and boot camp toning.

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.

TRX-Suspension Training - 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 & strength intervals to exercise on the TRX straps to develop strength, balance, flexibility, endurance, coordination & core stability.**

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.

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

* 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 Mixxedfit Adrian		7:30am Power Yoga Franceska

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
6:00pm Aqua Zumba at Hyatt Pool Pinki	6:00pm Hot Hula Odyessa		6:30pm Burlesque Pinki		7:00pm Strong by Zumba Fitness Christy

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.

Yoga - This fun, engaging class teaches the fundamentals of Yoga including sunsalutations, standing poses, balancing postures, seated and reclining poses, backbends and core isolation. Special emphasis is placed on moving in and out of postures safely. We learn the correct alignment for integral poses and how to correct these poses to the breath. Experience to flow/dance from one move to another in synched with your breathing.

Hot Hula – Strong, sexy and spirited, this is a vacation from the typical dance workout. Kickoff your shoes, put on a lava-lava and travel through a "total body workout" in 60 minutes. 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. Inspired by the dances of the Pacific Islands incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout.

* 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.