

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.

STAYWELL FITNESS PARTNERS

CHAMORRI CROSSFIT

221 Pick a Nail Road Tamuning
Phone: 671.647.3210
chamoricrossfit@gmail.com



CROSSFIT HITA

136B Kayen Chando Dededo
Phone: 671..989.2448
crossfit.hita@gmail.com



CROSSFIT LATTE STONE

1807 Army Drive Unit 8 Dededo
Phone: 671.633.2357
crossfitlattestone@gmail.com



CUSTOM FITNESS

185 Dulce Nombre de Maria
Drive Hagåtña
Phone: 671.989.0436
cfsguam@gmail.com



FIGO' JIU - JITSU

484 West Soledad Avenue Hagåtña
figoguahan@gmail.com



GUAM MUAY THAI

102 University Drive La Isla Arcade
Unit 5 & 6 Mangilao
Phone: 671.487.7718
guammuaythai@gmail.com



HATSA GUAM

484 West Soledad Avenue Hagåtña
Phone: 671.480.4215



INTERNATIONAL SPORTS CENTER

484 West Soledad Avenue Hagåtña
Phone: 671.477.9885
www.iscguam.com



THE GYM GUAHAN

167 C.E.T. Calvo Memorial
Parkway Tamuning
Phone: 671.472.4496
thegymguahan@gmail.com



THE POUND ACADEMY

138 Chalan Katne, Suite 104
Summer Town Estate Dededo
Phone: 671.687.4229
tpaguam@gmail.com



URBAN FITNESS STUDIO

Maite
Phone: 671.969.7308
urbanfitnessguam@gmail.com



* Class schedules and availability are subject to change without prior notice.
* Consult your primary care physician before beginning any exercise program.
* To register at a participating fitness center, please present your StayWell Health Insurance Card, valid photo ID and fill out StayWell's fitness registration form.

For more information contact the Health Management department at 477-5091 ext. 1185 or email at enjoylife@staywellguam.com staywellguam.com



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

