

Enjoy
LIFE

FITNESS CLASS CALENDAR

OCTOBER 2023



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



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



SUN	MON	TUE	WED	THU	FRI	SAT
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	8AM CardioMaxx 9:30AM Heavy Lift 12PM Cross Training	5AM Urban Run 6AM Cross Training 8AM *Bounce* 9:30AM Pound 12PM Spin 5:30PM Heavy Lift	6AM Spartain Training 8AM CardioMaxx 9:30AM OCR 12PM Cross Training 5:30PM Spartan Training	5AM Urban Run 6AM Cross Training 8AM Power Press 9:30AM Bootcamp 12PM Spin 6PM Heavy Lift	6AM Spartan Training 8AM CardioMaxx 9:30AM *Bounce* 12PM Cross Training	9AM Urban Athletes
	G6 Fitness 6:15PM Mixedfit	G6 Fitness 6:15PM Zumba	G6 Fitness 6:15PM Commit Dance Fitness	G6 Fitness 6:15PM Zumba Toning	G6 Fitness 6:15PM Zumba	G6 Fitness 5:30PM Bolly Burn
	6PM *lb. HiiT 6PM Kids BJJ 7:15PM Adults BJJ	12PM lb. 20/30 6PM *lb, Suspend (TRX)	6PM lb. 20/30 Circuit 7:15PM Adults No-Gi	12PM lb. 20/30 6PM Kids No-Gi (TPA Rash Guard) 7:15PM Open Mat/Drills BJJ or No-Gi	6PM *lb. Fundamentals (Strength) 7:15PM Adults BJJ "Hafa Adai Friday"	8AM lb. 20/30 10AM Kids + Adults BJJ
	HYATT 4:30PM Aqua Zumba Pool Side 6:30PM Zumba	HYATT 6:30PM Strong by Zumba / Zumba (30/30)	HYATT 4:30PM Aqua Zumba Pool Side	HYATT 6:30PM Strong by Zumba / Zumba (30/30)		
						12:30PM - 2:30PM Open Training



Monday	6 AM - 9 PM
Tuesday	6 AM - 9 PM
Wednesday	6 AM - 9 PM
Thursday	6 AM - 9 PM
Friday	CLOSED
Saturday	9:30 AM - 2:30 PM
Sunday	CLOSED

102 University Drive Unit #5#6 La
Isla Arcade Plaza
Mangilao, Guam
671-487-7718
guammuythai@gmail.com

Please see perks flyer for special drop-in rates

Classes Covered 100%
for StayWell
Health
Members



Monday	5:30 AM - 9 PM
Tuesday	6 AM - 7:30 PM
Wednesday	5:30 AM - 9 PM
Thursday	4:30 AM - 7:30 PM
Friday	7 AM - 9 PM
Saturday	7:30 AM - 12:30 PM
Sunday	CLOSED

138 Chalan Katne, Suite 104
Summer Town Estates
Dededo, Guam
671-687-4229
tpaguam@gmail.com

Effective
2/1/2023
\$10.00
Monthly Fee for
members



Monday	6:30 AM - 1 PM / 5 PM - 8 PM
Tuesday	6:30 AM - 1 PM / 5 PM - 8 PM
Wednesday	6:30 AM - 1 PM / 5 PM - 8 PM
Thursday	6:30 AM - 1 PM / 5 PM - 8 PM
Friday	6:30 AM - 1 PM / 5 PM - 8 PM
Saturday	9 AM - 11 AM
Sunday	CLOSED

1152 E&R Sardea Building Route 8
Maite, Guam
671-969-7308 / 671-686-7779

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.

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.

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.