

Enjoy
LIFE

FITNESS CLASS CALENDAR

APRIL 2024



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



8AM
High Fitness
9:30AM
Heavy Lift
12PM
Cross Training
5:30PM
Cross Training

5AM
Urban Run Club
6AM
Cross Training
8AM (4/2)
Strong
8AM (4/9)
Insanity
8AM (4/16,4/23,4/30)
Power Press
9:30AM (4/2)
Upper Body
9:30AM (4/16)
Cardio Maxx
9:30AM (4/23 & 4/30)
Zumba
12PM
Spin
5:30PM
Heavy Lift

6AM
Spartain Training
8AM
Surge Fit
9:30AM
OCR Training
12PM
Cross Training
5:30PM
Tabata Training

5AM
Urban Run Club
6AM
Tabata Training
8AM
CardioMaxx
9:30AM
Bootcamp
12PM
Spin
5:30PM
Open Gym

6AM
Spartan Training
8AM
High Fitness
9:30AM
Booty & Abs
12PM
Cross Training

9AM
Urban Athletes
9AM - 4/6
Surge Strength

HYATT
4:30PM
Aqua Zumba
Pool Side
6PM
Aqua Zumba
Pool Side
6:30PM
Zumba

HYATT
6:30PM
Strong by Zumba /
Zumba (30/30)

HYATT
4:30PM
Aqua Zumba
Pool Side
6PM
Aqua Zumba
Pool Side

HYATT
6:30PM
Strong by Zumba /
Zumba (30/30)

12:30PM - 2:30PM
Open Training

APRIL 2024

Enjoy
LIFE | **FITNESS PARTNERS**



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



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.

