

# 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

### 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



### GOLD'S GYM - SAIPAN

Garapan Central Park  
PO Box 503004 Saipan, MP 96950  
670.233.4000  
info@goldsgymsaipan.com  
www.goldsgym.com/saipan/



### GUAM MUAY THAI

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



### INTERNATIONAL SPORTS CENTER

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



### THE POUND ACADEMY

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



### TRIBE GUAM FITNESS

Phone: 671.788.5719  
http://tribegu.com  
tribe.guam@gmail.com  
@tribeguamfitness



### URBAN FITNESS STUDIO

1152 E&R Sardea Building  
Route 8 Maite, Guam  
Phone: 671.969.7308  
urbanfitnessguam@gmail.com



For more information contact the Health Management department at 477-5091 ext. 1185 or email at [enjoylife@staywellguam.com](mailto:enjoylife@staywellguam.com)  
[staywellguam.com](http://staywellguam.com)



**HEALTH  
MANAGEMENT  
PROGRAM**

Exclusive to StayWell members!



**StayWell**  
INSURANCE

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### CROSSFIT HITA

General Membership: \$89 / Month  
6 month contract required  
Enrollment Fee Waived



### CROSSFIT LATTE STONE

General Membership: \$90 / Month



### CUSTOM FITNESS

Adults: \$96 / 1-Month; \$88 / 3-Months;  
\$80 / 6-Months  
Teens: \$53 / Month  
Enrollment Fee Waived



### GOLD'S GYM - SAIPAN

\$44 / Month - Subscribers  
\$41 / Month - Dependents  
12 month contract required  
Enrollment Fee Waived



### GUAM MUAY THAI

Adults: \$80 / Month  
Youth (6+): \$50 / Month



### INTERNATIONAL SPORTS CENTER

General Membership: \$49 / Month  
12 month contract required  
Enrollment Fee Waived



### THE POUND ACADEMY

10% Discount on TPA services Plus  
\$50.00 registration fee  
12 month contract required



### TRIBE GUAM FITNESS

1 - Month FREE Trial  
\$54 / Month  
Unlimited access to all locations



## ENJOY COVERED CLASSES!

### THE POUND ACADEMY 100% covered

*Hyatt:* Zumba, Strong by Zumba, Zumba Toning, MixedFit & Hot Hula  
*Dededo:* Brazilian jiu-jitsu, Muay Thai & Open Gym



### URBAN FITNESS STUDIO 100% covered

Unlimited Monthly Fitness Classes



- \* 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.

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