

Enjoy  
**LIFE**

# FITNESS CLASS CALENDAR

**MAY 2024**



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



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



# MAY 2024



Enjoy  
**LIFE**

**FITNESS CLASS  
CALENDAR**

SUN

MON

TUE

WED

THU

FRI

SAT



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

**6AM**  
Cross Training  
**8AM**  
Strong  
**9:30AM**  
Upper Body Strength  
**12PM**  
Spin  
**5-6:30PM**  
Open Gym

**8AM**  
Surge Fit  
**9:30AM**  
OCR/Bootcamp  
**12PM**  
Cross Training  
**5:30PM**  
Cross Training

**6AM**  
Cross Training  
**8AM**  
CardioMaxx  
**9:30AM**  
Bootcamp  
**12PM**  
Spin  
**5-6:30PM**  
Open Gym

**8AM**  
High Fitness  
**12PM**  
Cross Training

**9AM**  
Urban Athletes



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

**HYATT**  
**6:30PM**  
Zumba Toning

**HYATT**  
**6PM**  
Aqua Zumba  
Pool Side

**HYATT**  
**6:30PM**  
Strong by Zumba



**12:30PM - 2:30PM**  
Open Training

# MAY 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

Classes  
Covered 100%  
for StayWell  
Health  
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.

