

Enjoy
LIFE

FITNESS CLASS CALENDAR

APRIL 2025



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



HEALTH
MANAGEMENT
PROGRAM
Exclusive to StayWell members!



APRIL 2025



Enjoy
LIFE

**FITNESS CLASS
CALENDAR**

SUN

MON

TUE

WED

THU

FRI

SAT



8:15 AM
Tone
9:30 AM
Lift
12PM
UrbanFit
5:30PM
UrbanFit

6AM
UrbanFit
8:30 AM
PiYo
9:30 AM
Open Gym
12PM
Spin
5:30PM
Open Gym

6 AM
Urban Athletes
8:15 AM
Surge Stations
9:30 AM
Stretch + Mobility
12 PM
Power Press
5:30 PM
Tabata

6 AM
Tabata
8:30 AM
BootCamp
9:30 AM
Open Gym
12PM
Spin
5:30PM
Spin

6:00 AM
Yoga
8:15 AM
Power Press
8:30 AM
Open Gym
12 PM
Cross Training

9 AM
Scupt + Tone

HYATT
6:30PM
Zumba

HYATT
6:30PM
Zumba Toning

HYATT
6:30PM
Strong by Zumba

10:00 AM
Glute Core Cardio
Camp

5:00 PM
After School Program/
Judo Kids
5:30 PM
Spin w/ Louise
6:30 PM
Judo Adults

5:30 AM
HIIT Class - Coach Kia
10:00 AM
Bollywood Burn
4:00 PM
HIIT Class-Coach Kia
5:30 PM
Spin Class-Coach Nate
6:30 PM
Youth Wrestling
& Adult Wrestling

5:00 PM
After School Program/
Judo Kids
5:30 PM
Spin
6:30 PM
Judo Adults

5:30 AM
HIIT Class-Coach Kia
4:00 PM
HIIT Class-Coach Kia
5:30 PM
Spin Class-Coach Nate
6:30 PM
Youth Wrestling
& Adult Wrestling

5:00 PM
After School Program/
Judo Kids
6:30 PM
Judo Adults

7:30 AM
HIIT Class -
Coach Zach
5:30 PM
Bollywood Burn

12:30PM - 2:30PM
Open Training

APRIL 2025

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



INTERNATIONAL SPORTS CENTER

Monday	4 AM - 10 PM
Tuesday	4 AM - 10 PM
Wednesday	4 AM - 10 PM
Thursday	4 AM - 10 PM
Friday	4 AM - 10 PM
Saturday	7 AM - 7 PM
Sunday	7 AM - 2 PM

484 W Soledad Ave
Hagatna, Guam 96910
671-477-9885
internationalsportscenterguam@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

* 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.