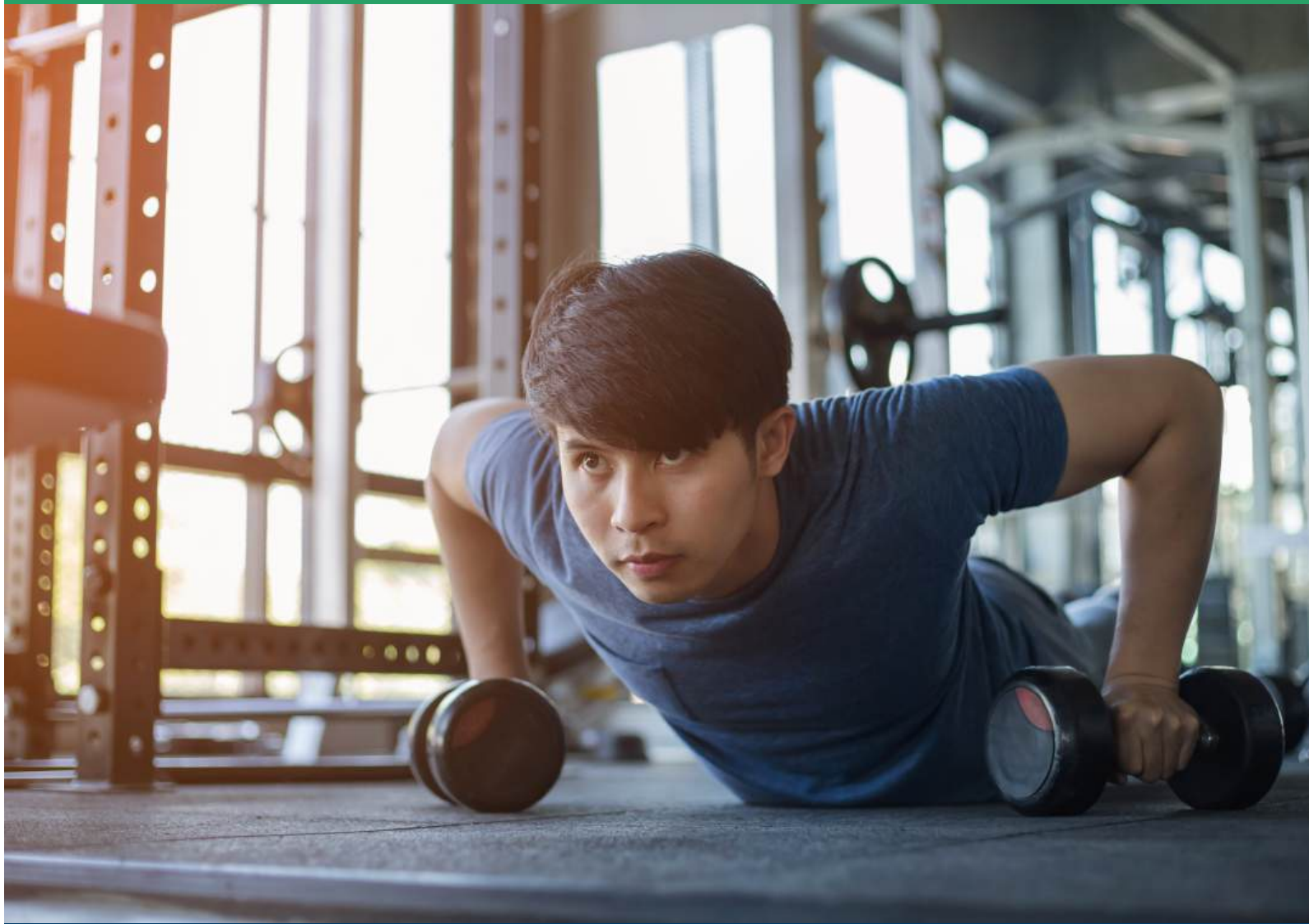


Enjoy  
**LIFE**

# **FITNESS CLASS CALENDAR**

**MAY 2025**



Health Management Department  
(671) 477 - 5091 ext. 1185  
[enjoylife@staywellguam.com](mailto:enjoylife@staywellguam.com)  
[staywellguam.com](http://staywellguam.com)



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



# MAY 2025



Enjoy  
**LIFE**

**FITNESS CLASS  
CALENDAR**

SUN

MON

TUE

WED

THU

FRI

SAT

**MAY 12-31, 2025**



**8:15 AM**  
Tone  
**9:30 AM**  
Lift  
**12PM**  
Cross Training  
**5:30PM**  
Cross Training

**6AM**  
Cross Training  
**8:30 AM**  
Barre  
**9:30 AM**  
Open Gym  
**12PM**  
Spin  
**5:30PM**  
Open Gym

**6:00 AM**  
Urban Athletes  
**8:30 AM**  
BootCamp  
**12PM**  
Power Press  
**5:30PM**  
Cross Training

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

**6:00 AM**  
Urban Athletes  
**8:15 AM**  
High Fitness  
**12:00 PM**  
Cross Training

**9 AM**  
Power Press

**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  
**9:30 AM**  
HIIT Class -  
Coach Zach  
**5:30 PM**  
Bollywood Burn

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

# MAY 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.

