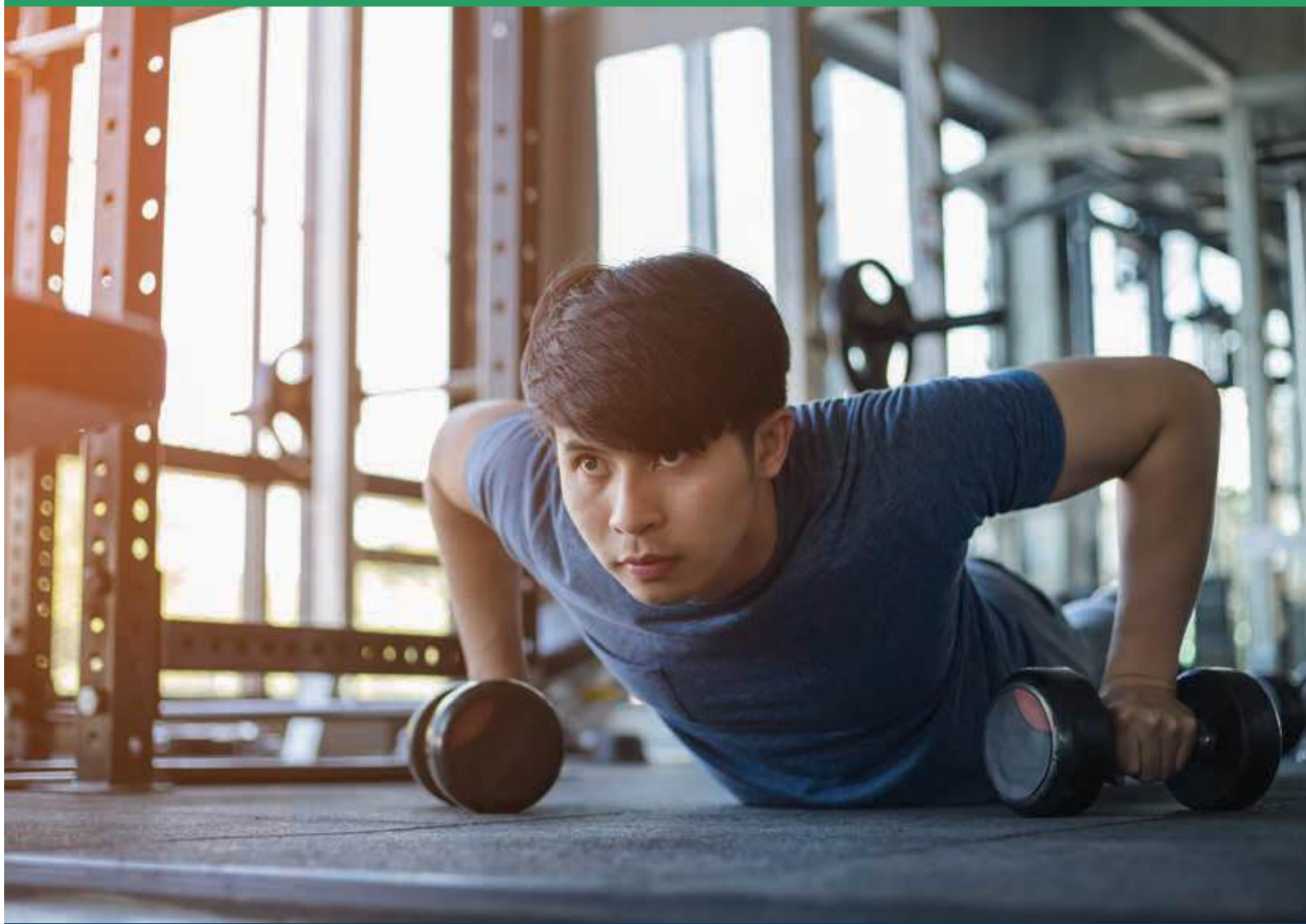


Enjoy  
**LIFE**

# **FITNESS CLASS CALENDAR**

**AUGUST 2026**



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!



# AUGUST 2026



Enjoy  
**LIFE**

**FITNESS CLASS  
CALENDAR**

|  | SUN                                                                                                        | MON                                                                                                                                                                                         | TUE                                                                                                                                                                                    | WED                                                                                                                                                                       | THU                                                                                                                                                                                | FRI                                                                                                                                                                           | SAT                                                                                               |
|--|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
|  |                                                                                                            | <b>7:00 AM</b><br>Personal Training<br><b>8:15 AM</b><br>Tone<br><b>9:30 AM</b><br>Lift<br><b>10:30 AM</b><br>Personal Training<br><b>12:00 PM</b><br>UrbanFit<br><b>5:30PM</b><br>UrbanFit | <b>6:00 AM</b><br>UrbanFit<br><b>7:00 AM</b><br>Personal Training<br><b>8:15 AM</b><br>Surge Fit<br><b>9:30 AM</b><br>Open Gym<br><b>12:00 PM</b><br>Spin<br><b>5:30PM</b><br>Open Gym | <b>7:00 AM</b><br>Personal Training<br><b>8:15 AM</b><br>Upbeat Barre<br><b>9:30 AM</b><br>Personal Training<br><b>12:00 PM</b><br>Power Press<br><b>5:30PM</b><br>Tabata | <b>6:00 AM</b><br>Tabata<br><b>7:00 AM</b><br>Personal Training<br><b>8:15 AM</b><br>Bootcamp<br><b>9:30 AM</b><br>Open Gum<br><b>12:00PM</b><br>Spin<br><b>5:30PM</b><br>Open Gym | <b>7:00 AM</b><br>Personal Training<br><b>8:15 AM</b><br>High Fitness<br><b>9:30 AM</b><br>Personal Training<br><b>12:00PM</b><br>Cross Training<br><b>5:30PM</b><br>Open Gym | <b>9:00 AM</b><br>Power Press                                                                     |
|  |                                                                                                            | <b>DEDEDO BASKETBALL COURT</b><br><br><b>6:30PM</b><br>Zumba                                                                                                                                | <b>DEDEDO BASKETBALL COURT</b><br><br><b>6:30PM</b><br>Zumba Toning                                                                                                                    | <b>DEDEDO BASKETBALL COURT</b><br><br><b>6:00PM</b><br>lb. 20/30                                                                                                          | <b>DEDEDO BASKETBALL COURT</b><br><br><b>6:30PM</b><br>Strong by Zumba                                                                                                             |                                                                                                                                                                               |                                                                                                   |
|  | <b>9:00 AM</b><br>Mat Pilates<br><b>10:00 AM</b><br>R Vital Fitness<br><b>12:30 PM</b><br>Tahitian Fitness | <b>5:00 AM</b><br>Mat Pilates<br><b>12:00 PM</b><br>Spin Class<br><b>5:00 PM</b><br>Judo - Kids<br><b>6:00 PM</b><br>Spin class<br><b>6:30PM</b><br>Judo - Adults                           | <b>10:00 AM</b><br>Bollywood Burn<br><b>5:00 PM</b><br>Kickboxing<br><b>5:30 PM</b><br>Wrestling<br><b>5:30 PM</b><br>R Vital Fitness<br><b>6:00 PM</b><br>Spin Class                  | <b>5:00 AM</b><br>Mat Pilates<br><b>5:00 PM</b><br>Judo - Kids<br><b>6:30 PM</b><br>Judo - Adults                                                                         | <b>5:00 PM</b><br>Kickboxing<br><b>5:30 PM</b><br>Wrestling<br><b>6:00 PM</b><br>Spin Class                                                                                        | <b>12:00 PM</b><br>Tahitian<br><b>5:00 PM</b><br>Judo - Kids<br><b>6:30 PM</b><br>Judo - Adults                                                                               | <b>7:30 AM</b><br>HIIT Class<br><b>10:00 AM</b><br>Kickboxing<br><b>4:30 PM</b><br>Bollywood Burn |
|  |                                                                                                            |                                                                                                                                                                                             |                                                                                                                                                                                        |                                                                                                                                                                           |                                                                                                                                                                                    |                                                                                                                                                                               | <b>12:30PM - 2:30PM</b><br>Open Training                                                          |

# AUGUST 2026



|           |                   |
|-----------|-------------------|
| 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  
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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

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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

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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.