

Enjoy
LIFE

FITNESS CLASS CALENDAR

JULY 2026



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



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



JULY 2026



Enjoy
LIFE

**FITNESS CLASS
CALENDAR**

	SUN	MON	TUE	WED	THU	FRI	SAT
		7:00 AM Personal Training 8:15 AM Tone 9:30 AM Lift 10:30 AM Personal Training 12:00 PM UrbanFit 5:30PM UrbanFit	6:00 AM UrbanFit 7:00 AM Personal Training 8:15 AM Surge Fit 9:30 AM Open Gym 12:00 PM Spin 5:30PM Open Gym	7:00 AM Personal Training 8:15 AM Upbeat Barre 9:30 AM Personal Training 12:00 PM Power Press 5:30PM Tabata	6:00 AM Tabata 7:00 AM Personal Training 8:15 AM Bootcamp 9:30 AM Open Gum 12:00PM Spin 5:30PM Open Gym	7:00 AM Personal Training 8:15 AM High Fitness 9:30 AM Personal Training 12:00PM Cross Training 5:30PM Open Gym	9:00 AM Power Press
		DEDEDO BASKETBALL COURT 6:30PM Zumba	DEDEDO BASKETBALL COURT 6:30PM Zumba Toning	DEDEDO BASKETBALL COURT 6:00PM lb. 20/30	DEDEDO BASKETBALL COURT 6:30PM Strong by Zumba		
INTERNATIONAL SPORTS CENTER 	10:00 AM Glute Core Cardio Camp	5:30 PM Spin w/ Louise	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	5:30 PM Spin w/ Louise	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		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

JULY 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
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
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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
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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.