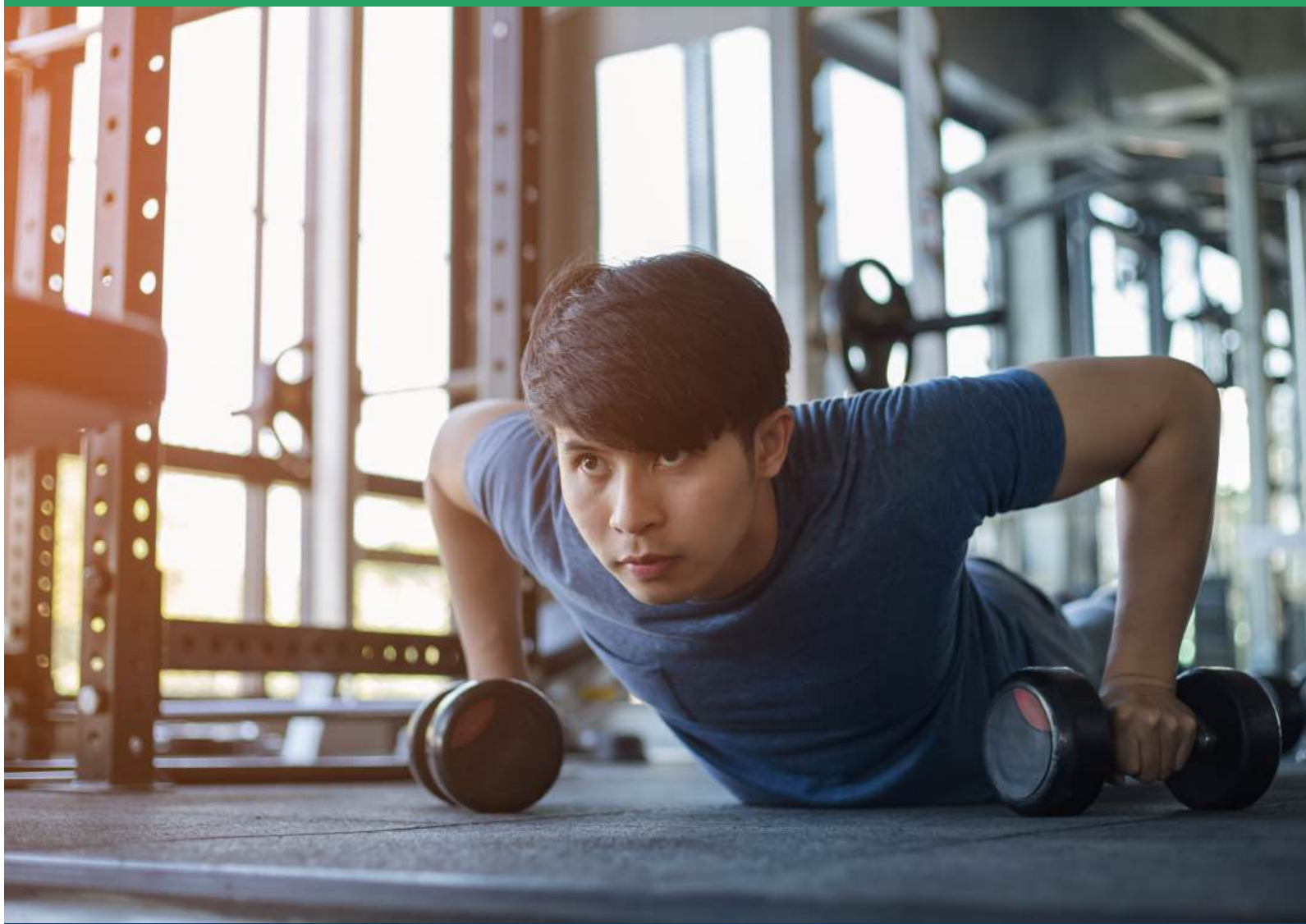


Enjoy
LIFE

FITNESS CLASS CALENDAR

OCTOBER 2026



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



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



OCTOBER 2026



Enjoy
LIFE

**FITNESS CLASS
CALENDAR**

SUN

MON

TUE

WED

THU

FRI

SAT



INTERNATIONAL
SPORTS CENTER



7:00 AM
Personal Training
8:15 AM
Tone
9:30 AM
CrossTraining
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 / TRX
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

9:00 AM
Mat Pilates
10:00 AM
R Vital Fitness
12:30 PM
Tahitian Fitness

5:00 AM
Mat Pilates
12:00 PM
Spin Class
5:00 PM
Judo - Kids
6:00 PM
Spin class
6:30PM
Judo - Adults

10:00 AM
Bollywood Burn
5:00 PM
Kickboxing
5:30 PM
Wrestling
5:30 PM
R Vital Fitness
6:00 PM
Spin Class

5:00 AM
Mat Pilates
5:00 PM
Judo - Kids
6:30 PM
Judo - Adults

5:00 PM
Kickboxing
5:30 PM
Wrestling
6:00 PM
Spin Class

12:00 PM
Tahitian Fitness
Spin Class
5:00 PM
Judo - Kids
6:30 PM
Judo - Adults

7:30 AM
HIIT Class
10:00 AM
Kickboxing
4:30 PM
Bollywood Burn

12:30PM - 2:30PM
Open Training

OCTOBER 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
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.