

Enjoy LIFE

Stay Well. Enjoy Life. Get Fit!

StayWell is pleased to offer free fitness classes and exclusive member discounts at various gyms on island.

STAYWELL FITNESS PARTNERS

CROSSFIT LATTE STONE

1807 Army Drive Unit 8 Dededo
Phone: 671.633.2357
crossfitlattestone@gmail.com



CUSTOM FITNESS

185 Dulce Nombre de Maria Drive
Hagåtña
Phone: 671.989.0436
cfsguam@gmail.com



GOLD'S GYM - SAIPAN

Garapan Central Park
PO Box 503004 Saipan, MP 96950
Phone: 670.233.4000
info@goldsgymsaipan.com
www.goldsgym.com/saipan/



GUAM MUAY THAI

102 University Drive La Isla Arcade
Unit 5 & 6 Mangilao
Phone: 671.487.7718
guammuaythai@gmail.com



INTERNATIONAL SPORTS CENTER

484 West Soledad Avenue Hagåtña
Phone: 671.477.9885
www.iscguam.com



THE POUND ACADEMY

138 Chalan Katne, Suite 104
Summer Town Estate Dededo
Phone: 671.687.4229
tpaguam@gmail.com



TRIBE GUAM FITNESS

Phone: 671.788.5719
<http://tribegu.com>
tribe.guam@gmail.com
[@atribeguamfitness](https://www.instagram.com/atribeguamfitness)



URBAN FITNESS STUDIO

1152 E&R Sardea Building
Route 8 Maite, Guam
Phone: 671.969.7308
urbanfitnessguam@gmail.com



For more information contact the
Health Management department
at 477-5091 ext. 1185 or email at
enjoylife@staywellguam.com
staywellguam.com



**HEALTH
MANAGEMENT
PROGRAM**

Exclusive to StayWell members!



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CROSSFIT LATTE STONE

General Membersip: \$90 / Month



CUSTOM FITNESS

Adults: \$96 / 1-Month; \$88 / 3-Months;
\$80 / 6-Months

Teens: \$53 / Month

Enrollment Fee Waived



GOLD'S GYM - SAIPAN

\$44 / Month - Subscribers

\$41 / Month - Dependents

12 month contract required

Enrollment Fee Waived



GUAM MUAY THAI

Adults: \$80 / Month

Youth (6+): \$50 / Month



INTERNATIONAL SPORTS CENTER

General Membership: \$49 / Month

12 month contract required

Enrollment Fee Waived



THE POUND ACADEMY

10% Discount on TPA services Plus

\$50.00 registration fee

12 month contract required



TRIBE GUAM FITNESS

1 - Month FREE Trial

\$54 / Month

Unlimited access to all locations



ENJOY COVERED CLASSES!

THE INTERNATIONAL SPORTS CENTER

100% covered

Bollywood Burn, Judo Kids/Adults,
Spinning Class, Youth/Adult Wrestling



THE POUND ACADEMY 100% covered

Hyatt: Zumba, Strong by Zumba, Zumba
Toning, MixxedFit & Hot Hula

Dededo: Brazilian jiu-jitsu, Muay Thai &

Open Gym



URBAN FITNESS STUDIO 100% covered

Unlimited Monthly Fitness Classes



* Class schedules and availability are subject to change without prior notice.

* Consult your primary care physician before beginning any exercise program.

* To register at a participating fitness center, please present your StayWell Health Insurance Card, valid photo ID and fill out StayWell's fitness registration form.

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