

# FITNESS CLASS CALENDAR

DECEMBER 2016

*Enjoy*  
**LIFE**



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



**HEALTH  
MANAGEMENT  
PROGRAM**

Exclusive to StayWell members!

**STAY  
WELL**  
INSURANCE

Unit 202 Mikkel Tan Annex,  
 Tun Camacho St., Tamuning  
 Behind KFC  
**969-7308 or 686-7779**



Operation Hours:  
 M-F 8am-1pm, 4pm-8pm  
 Sat 9am-12pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:00am</b> TRX Circuit Cycling James	<b>8:00am</b> CardioMaxx Jackie	<b>8:00am</b> Awesome Abs & Butt James	<b>8:00am</b> Circuit Training James	<b>8:00am</b> CardioMaxx James	
<b>9:10am</b> CardioMaxx James	<b>9:10am</b> Power Press James	<b>9:10am</b> Urban Athletes James	<b>9:10am</b> CardioMaxx Nobu	<b>9:10am</b> TRX Circuit Cycling James	<b>9:00am</b> Urban Athletes James
<b>12:00pm</b> Circuit Training James	<b>12:00pm</b> Group Ride Cycling James	<b>12:00pm</b> Circuit Training James	<b>12:00pm</b> Circuit Cycling James	<b>12:00pm</b> Circuit Training James	
<b>5:35pm</b> MIXXEDFIT Natassia	<b>5:35pm</b> CardioMaxx James	<b>5:35pm</b> Zumba Christine	<b>5:35pm</b> Power Press James	<b>5:35pm</b> Group Ride Cycling James	
<b>5:45pm</b> H.I.I.T. Kendra	<b>5:45pm</b> Circuit Training Ceto	<b>5:45pm</b> H.I.I.T. Kendra	<b>5:45pm</b> Circuit Training Ceto	OPEN GYM	<b>10:00am</b> CORE James <small>NO CLASS 9/03</small>
<b>6:35pm</b> Awesome Abs & Butt James	<b>6:35pm</b> Zumba Patrick	<b>6:35pm</b> MIXXEDFIT Brian and Circuit Cycling Jesse	<b>6:35pm</b> Zumba Patrick	<b>6:35pm</b> Zumba Christine	

**DESCRIPTION OF CLASSES**

**Awesome Abs & Butt** – One full hour of class consists of awesome abs & butt workouts. The butt exercises are designed to tone, lift, and firm your butt.

**CardioMaxx** – A high intensity, polymeric based workout that helps you build endurance, stamina, agility and strength. This class will keep your heart rate up and push you to the max!

**Circuit Cycling/Group Ride** - With great music and strong cycling techniques this class will make you burn calories and make you sweat.

**Core** – 30 minutes workout session that concentrates on strengthening your core.

**Urban Athletes** – Is a mixture of cardio and weight training exercises to build a stronger athlete.

**H.I.I.T.** – High Intensity Interval Training is a system of organized cardiorespiratory training which calls for repeated bouts of short duration, high-intensity exercise intervals.

**Power Press** - It is an overall body conditioning exercise to firm, shape, and defines your body. This is a weight training class with numerous repetitions of light weights using barbells, plates and dumbbells.

**Mixed Fit®** – Mixed Fit® is a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning.

**TRX® Suspension** – A “best-in-class” workout system that leverages gravity and your bodyweight to perform numerous exercises.

**Circuit Training** - Fundamental training with functional movements that combines strength and conditioning, cardiovascular workouts, flexibility, polymeric and explosive movements.

**Zumba®** – Dance fitness classes that are fun, energetic, and make you feel amazing.

\* 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.

1088 Army Drive  
 RK Plaza Unit #4  
 Barrigada  
**969-2FLY (2359)**  
 Whatsapp: 929-9922



Operation Hours:  
 M-F 5:30pm - 8:30pm  
 Sat 8:30am - 12:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>5:45pm</b> Zumba Michael & Marlyn				

484 W. Soledad Ave.  
 Hagåtña, Next to KFC  
**477-9885**



Operation Hours:  
 M-F Open 24 hours  
 (Mon 5am - Fri Midnight)  
 Sat-Sun 7am-6pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>12:00pm</b> Total Body Sculpt & Tone Eileen	<b>5:30am</b> Sculpt & Abs Eileen	<b>5:30am</b> TRX Roy  <b>8:30am</b> Power Yoga Lisa	<b>5:30am</b> Sculpt & Abs Eileen  <b>12:00pm</b> Bootcamp Circuit Eileen  <b>5:30pm</b> Yoga Lyn	<b>5:30am</b> TRX Roy  <b>9:00am</b> Pilates Mieko  <b>5:30pm</b> Yoga Lyn	<b>8:30am</b> Yoga Lyn  <b>9:00am</b> MIXED FIT Fritzi
<b>5:30pm</b> Spin Louise	<b>12:00pm</b> Bootcamp Circuit Eileen	<b>12:00pm</b> Total Body Sculpt & Tone Eileen  <b>5:30pm</b> Belly Dancing Lyn Spin Louise			
<b>6:00pm</b> Zumba Toning Gemma	<b>5:30pm</b> Yoga Lyn				

**DESCRIPTION OF CLASSES**

**Spin** – An indoor cycling, low-impact workout of 45 to 60 minutes to increase your upper body muscles- especially the core, legs & cardio endurance.

**FXT** – A collaboration of TRX, Kettle Bells, and Circuits, focusing on training muscles for functional movements that you use on a daily basis.

**On The Ball** – Focusing on your core, the class uses the stability ball as a base, with movements and exercises that target your

core while incorporating some weights.

**Pilates** – A body conditioning routine to help build flexibility, muscle strength, & endurance. It puts emphasis on spinal and pelvic alignment, breathing, developing a strong core, and improving both coordination and balance.

**Retro-Step** – Stepping for cardio with old school music. Enjoy nostalgic tunes while using the bench and risers to intensify your workout.

**TRX®** – Suspension band training using your own body weight and movements to activate your core providing a workout with assign polymeric and cardio.

**Zumba®** – Founded in 2001, Zumba Fitness is a cardio workout that feels like a celebration. Zumba fitness classes blend upbeat latin rhythms including salsa, merengue, cumbia, mambo, hip hop, and more with easy to follow choreography for a total body workout. Zumba is made for all levels of dancers or even non dancers.

\* 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.

---

\* 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.