

FITNESS CLASS CALENDAR

DECEMBER 2016

Enjoy
LIFE



Health Management Department
(671) 477-5091 ext. 1185
enjoylife@staywellguam.com
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
8:00am TRX Circuit Cycling James	8:00am CardioMaxx Jackie	8:00am Awesome Abs & Butt James	8:00am Circuit Training James	8:00am CardioMaxx James	
9:10am CardioMaxx James	9:10am Power Press James	9:10am Urban Athletes James	9:10am CardioMaxx Nobu	9:10am TRX Circuit Cycling James	9:00am Urban Athletes James
12:00pm Circuit Training James	12:00pm Group Ride Cycling James	12:00pm Circuit Training James	12:00pm Circuit Cycling James	12:00pm Circuit Training James	
5:35pm MIXXEDFIT Natassia	5:35pm CardioMaxx James	5:35pm Zumba Christine	5:35pm Power Press James	5:35pm Group Ride Cycling James	
5:45pm H.I.I.T. Kendra	5:45pm Circuit Training Ceto	5:45pm H.I.I.T. Kendra	5:45pm Circuit Training Ceto	OPEN GYM	10:00am CORE James <small>NO CLASS 9/03</small>
6:35pm Awesome Abs & Butt James	6:35pm Zumba Patrick	6:35pm MIXXEDFIT Brian and Circuit Cycling Jesse	6:35pm Zumba Patrick	6:35pm 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
	5:45pm 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
12:00pm Total Body Sculpt & Tone Eileen	5:30am Sculpt & Abs Eileen	5:30am TRX Roy 8:30am Power Yoga Lisa	5:30am Sculpt & Abs Eileen 12:00pm Bootcamp Circuit Eileen 5:30pm Yoga Lyn	5:30am TRX Roy 9:00am Pilates Mieko 5:30pm Yoga Lyn	8:30am Yoga Lyn 9:00am MIXED FIT Fritzi

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.

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