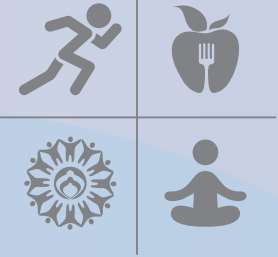




TakeCare's Group Fitness Schedule

APRIL 2024

FREE for TakeCare Members - Please present your insurance card and ID.
 Non-members: Classes at Hilton Wellness Center, Lotte Hotel Guam & Urban Fitness are subject to facility drop-in rate.



Balanced Lifestyle
 TakeCare

| LOCATION | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---------------------------------------|---|
| Century Plaza (2nd floor parking) | Mixed Fit 5:30pm Ann | Zumba 5:30pm Karen | Mixed Fit 5:30pm Ann | Zumba 5:30pm Karen | Mixed Fit 5:30pm Brian |
| Hilton Wellness Center (671) 646-1835 | Water Aerobics Group 1: 4:30pm Group 2: 5:00pm Jenn <hr/> Strong Nation 12:00pm Karen | Water Aerobics 8:30am Jay | Water Aerobics 8:30am Jay <hr/> Strong Nation 12:00pm Karen <hr/> Water Aerobics Group 1: 4:30pm Group 2: 5:00pm Jenn | Water Aerobics 8:30am Jay | Aqua Zumba 8:30am Karen <hr/> Water Aerobics 5:00pm Jenn |
| Lotte Hotel Guam Pool/Pool Side | Yoga 5:30pm Classes Start Monday, April 8, 2024 | Aqua Zumba 5:30pm Classes Start Monday, April 8, 2024 | Yoga 5:30pm Classes Start Monday, April 8, 2024 | | |
| Urban Fitness Guam (671) 686-7779 | Cross Training 5:30 pm James | | Cross Training 12:00pm James | | Cross Training 12:00pm James |

*Schedule is subject to change without notice. Visit www.takecareasia.com or use the TakeCare App for updated information.



takecareasia.com



TakeCare's Group Fitness Class Descriptions

All classes may be modified for all levels of fitness.

AQUA ZUMBA

Aqua Zumba brings new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool party. It offers a fun but challenging, water-based, body-toning workout. So, liven up your working week with some Latin fever.

CROSS TRAINING

Cross Training uses a variety of exercises designed to improve your cardio, strength, flexibility and overall fitness level. Expect the unexpected as each class is different from the one before. Varying your exercise method has been shown to prevent overuse of muscle groups and reduce injuries. Get started today!

H.I.I.T.

HIIT is a full-body workout. The class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. People are challenged to push to their limits and walk out feeling strong.

MIXXEDFIT

MixedFit is a people-inspired dance fitness program that is a blend of explosive dancing and boot-camp inspired toning. We dance to songs you can hear in the radio, and our dance- steps are simple, so people can focus on working out rather than on complicated choreography.

STRONG NATION

STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

WATER AEROBICS

This class is full of fun and energizing activities designed to help you reach your fitness goals now! The exercises are performed in water that is chest deep and no swimming skills are needed to participate. Whether you are a beginner, an avid fitness enthusiast or simply looking for a new type of workout, this aquatic adventure is for you!

YOGA

This class will empower your mind and strengthen your body as you move through a series of meaningful yoga poses. This class will help you build strength, increase flexibility, and find focus. Prior experience is not needed.

ZUMBA

Each Zumba class is designed to bring people together to sweat it on by mixing low-intensity and high-intensity moves for an interval style, calorie-burning dance fitness. This class combines all elements of fitness such as cardio, muscle conditioning, balance and flexibility.

Rules and Conditions

- All participants must follow facility rules and regulations
- Must sign waiver of liability prior to class
- To use the Hilton Facilities, please proceed to the Hilton Wellness Center after class.