

# TakeCare's Group Fitness Schedule

Schedule is subject to change without notice. Please use the TakeCare App for updated information.

# December 2017

**MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY**

**FEATURED GYM PARTNER**



**\*\* FOR A LIMITED TIME \*\***

**MONDAY**  
**FIGHT FIT CONDITIONING | 6PM**  
**MUAY THAI FUNDAMENTALS | 7PM**

**THURSDAY**  
**GMT KIDS | 6PM**  
**OPEN TRAINING | 7PM**

Guam Muay Thai is offering free classes to TakeCare Members.  
 Terms and Conditions Apply. Call 487-7718 for more details.

<p><b>4</b> <b>TC TRX</b> 5:15pm James Sardea</p> <p><b>Zumba</b> 5:30pm Karen Luzano (Leo Palace, Belvedere)</p> <p><b>Water Aerobics</b> 6:00pm Jen Duffie (Hilton Pool)*</p> <p><b>Zumba</b> 6:30pm Pat Cruz</p>	<p><b>5</b> <b>Water Aerobics</b> 8:30am Jay Brasuel Hagatna Pool</p> <p><b>Zumba Toning</b> 5:15pm Leonor Capistrano</p> <p><b>MixedFit</b> 6:00pm Marissa Collins</p> <p><b>Water Aerobics</b> 6:30pm Jen Duffie (Hilton Pool)*</p>	<p><b>6</b> <b>Water Aerobics</b> 8:30am Jay Brasuel Hagatna Pool</p> <p><b>Abs &amp; Butt</b> James Sardea 5:15pm</p> <p><b>Zumba</b> 5:30pm Karen Luzano (Leo Palace, Belvedere)</p> <p><b>Water Aerobics</b> 6:00pm Jen Duffie (Hilton Pool)*</p> <p><b>Gentle Yoga</b> 6:15pm Kat Barnett</p>	<p><b>7</b> <b>Water Aerobics</b> 8:30am Jay Brasuel Hagatna Pool</p> <p><b>BodySculpt</b> 5:15pm Eileen Rivera</p> <p><b>MixedFit</b> 6:15pm Brian Mapote</p> <p><b>Water Aerobics</b> 6:30pm Jen Duffie (Hilton Pool)*</p>	<p><b>8</b> <b>Water Aerobics</b> 8:30am Jay Brasuel Hagatna Pool</p> <p><b>TC H.I.I.T.</b> Nora Arellano 5:15pm</p> <p><b>Zumba</b> 5:30pm Karen Luzano (Leo Palace, Belvedere)</p> <p><b>TC Cycling</b> James Sardea 5:35pm (Urban Fitness) Same day RSVP: 969-7308</p> <p><b>Water Aerobics</b> 6:00pm Jen Duffie (Hilton Pool)*</p> <p><b>Hot Hula</b> Kendra Guerrero 6:00pm</p>	<p><b>9</b> <b>Yoga</b> 7:30am Susan Robbins</p> <p><b>Zumba</b> 8:35am Brian Mapote</p>	<p><b>10</b> <b>Water Aerobics</b> 10:30am Jen Duffie Hagatna Pool</p>
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<p><b>25</b> <b>No Classes</b></p>	<p><b>26</b> <b>No Classes</b></p>	<p><b>27</b> <b>Water Aerobics</b> 8:30am Jay Brasuel Hagatna Pool</p> <p><b>Abs &amp; Butt</b> James Sardea 5:15pm</p> <p><b>Zumba</b> 5:30pm Karen Luzano (Leo Palace, Belvedere)</p> <p><b>Water Aerobics</b> 6:00pm Jen Duffie (Hilton Pool)*</p> <p><b>Gentle Yoga</b> 6:15pm Kat Barnett</p>	<p><b>28</b> <b>Water Aerobics</b> 8:30am Jay Brasuel Hagatna Pool</p> <p><b>BodySculpt</b> 5:15pm Eileen Rivera</p> <p><b>MixedFit</b> 6:15pm Brian Mapote</p> <p><b>Water Aerobics</b> 6:30pm Jen Duffie (Hilton Pool)*</p>	<p><b>29</b> <b>Water Aerobics</b> 8:30am Jay Brasuel Hagatna Pool</p> <p><b>TC H.I.I.T.</b> Nora Arellano 5:15pm</p> <p><b>Zumba</b> 5:30pm Karen Luzano (Leo Palace, Belvedere)</p> <p><b>TC Cycling</b> James Sardea 5:35pm (Urban Fitness) Same day RSVP: 969-7308</p> <p><b>Water Aerobics</b> 6:00pm Jen Duffie (Hilton Pool)*</p> <p><b>Hot Hula</b> Kendra Guerrero 6:00pm</p>	<p><b>30</b> <b>Yoga</b> 7:30am Susan Robbins</p> <p><b>Zumba</b> 8:35am Brian Mapote</p>	<p><b>31</b> <b>Water Aerobics</b> 10:30am Jen Duffie Hagatna Pool</p>



# TakeCare's Group Fitness Class Descriptions

All classes may be modified for all levels of fitness.

## ABS & BUTT

This class is designed to strengthen and tone your abdominal and glute muscles to improve your core strength and mobility. Movements can be scaled to all levels of fitness.

## BODY SCULPT

A cardiovascular, strength-training class designed to make you lean and defined by providing a results-oriented whole body workout. Build and sculpt muscles, strengthen your core, improve your strength and flexibility while burning fat and calories. You will gain strength, balance, flexibility and endurance while focusing on total body health. Movements can be scaled for all levels of fitness.

## GENTLE YOGA

A calming, stress-relieving yoga class that will leave you feeling balanced and refreshed. We will move with awareness and fluidity through a series of gentle physical poses to stretch the body. We will close the practice with breathing and meditation exercises to soothe the mind. Students with injuries, chronic conditions or movement limitations as well as students looking for a slower-paced class will benefit from this practice.

## HOT HULA Fitness®

HOT HULA fitness® is a fun, new and exciting dance workout. It provides a "total body workout" in 60 minutes. HOT HULA fitness® isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, glutes, quads and arms. Inspired by the dances of the Pacific Islands, HOT HULA fitness® incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout. All ages and fitness levels will enjoy HOT HULA fitness®.

## MIXXED FIT

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.

## T.C.H.I.I.T

High Intensity Interval training combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance, and provide a total body workout. Can be scaled to all levels of fitness.

## TC CYCLING

This class provides a cardiovascular workout on a stationary bike. The routine is designed to emulate hill climbs, sprints and intervals at varying speeds and resistance for all levels. This class is held at Urban Studio and bikes are at a first come first serve basis. **SAME DAY RSVP at 969-7308.**

## TC TRX

This class involves exercises performed using your own body weight to provide resistance using TRX suspension bands. This workout runs through interval training, with recovery segments after each round and movements incorporate strength training and cardio. Can be scaled to all levels of fitness.

## WATER AEROBICS

This class improves strength and cardiovascular endurance with movements such as marching, jogging and skiing through the water creating resistance to improve muscle endurance and flexibility without the impact on your joints. Can be scaled to all levels of fitness.

## 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. Movements can be scaled to all levels of fitness.

## 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. Movements can be scaled to all levels of fitness.

## ZUMBA TONING

This class combines targeted body-sculpting exercises and high-energy cardio workout with latin-infused Zumba moves to create calorie-burning, strength-training dance fitness. Using Zumba toning sticks or light dumbbells, you'll work every muscle group to tone and redefine your body. Movements and weights can be scaled to all levels of fitness.

- FREE for TakeCare/Meiovis Members - Please present your insurance card and ID
- \$5 Drop-in fee per class for non-members
- Proper gym attire required (bring bottled water, towel and yoga mat)
- Children must be accompanied by an adult at all times

■ Contact our TakeCare Wellness Team at 646-6956 ext. 7161/7224 for more info

\*Hilton Pool Water Aerobics Class - Please bring bottled water. Park at the TASI parking lot, near the tennis courts. Access to pool bathroom & showers, not Hilton gym.

