


TakeCare's Group Fitness Schedule

All classes may be modified for all levels of fitness.

MAY 2017

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY							
1 TC TRX James Sardea 5:15pm	2 Water Aerobics Jay Brasuel 8:30am Hagatna Pool	3 Water Aerobics Jay Brasuel 8:30am Hagatna Pool	4 Water Aerobics Jay Brasuel 8:30am Hagatna Pool	5 Dance de Mayo St. Anthony Gym 6pm -8pm Proceeds to benefit American Cancer Society	6 Yoga Susan Robbins 7:30am	Zumba Karen Luzano (Leo Palace, Belvedere) 5:30pm	Zumba Toning Nora Arellano 5:15pm	Abs & Butt James Sardea 5:15pm	BodySculpt Eileen Rivera 5:15pm	Zumba Brian Mapote 8:35am	Water Aerobics Jen Duffie (Hilton Pool)* 6:00pm	Turbo Kick Marissa Collins 6:00pm	Water Aerobics Jen Duffie 6:30pm Hilton	Gentle Yoga Kat Barnett 6:15pm	MixedFit Brian Mapote 6:15pm		
8 TC TRX James Sardea 5:15pm	9 Water Aerobics Jay Brasuel 8:30am Hagatna Pool	10 Water Aerobics Jay Brasuel 8:30am Hagatna Pool	11 Water Aerobics Jay Brasuel 8:30am Hagatna Pool	12 Water Aerobics Jay Brasuel 8:30am Hagatna Pool	13 Yoga Susan Robbins 7:30am	Zumba Karen Luzano (Leo Palace, Belvedere) 5:30pm	Zumba Toning Nora Arellano 5:15pm	Abs & Butt James Sardea 5:15pm	BodySculpt Eileen Rivera 5:15pm	Zumba Brian Mapote 8:35am	Water Aerobics Jen Duffie (Hilton Pool)* 6:00pm	Turbo Kick Marissa Collins 6:00pm	Water Aerobics Jen Duffie 6:30pm Hilton	Gentle Yoga Kat Barnett 6:15pm	MixedFit Brian Mapote 6:15pm	TC H.I.I.T. Nora Arellano 5:15pm	
15 TC TRX James Sardea 5:15pm	16 Water Aerobics Jay Brasuel 8:30am Hagatna Pool	17 Water Aerobics Jay Brasuel 8:30am Hagatna Pool	18 Water Aerobics Jay Brasuel 8:30am Hagatna Pool	19 Water Aerobics Jay Brasuel 8:30am Hagatna Pool	20 Hot Power Yoga Anya Mendiola 7:30am	Zumba Karen Luzano (Leo Palace, Belvedere) 5:30pm	Zumba Toning Leonor Capistrano 5:15pm	Abs & Butt James Sardea 5:15pm	BodySculpt Eileen Rivera 5:15pm	Zumba Brian Mapote 8:35am	Water Aerobics Jen Duffie (Hilton Pool)* 6:00pm	Turbo Kick Marissa Collins 6:00pm	Water Aerobics Jen Duffie 6:30pm Hilton	Gentle Yoga Kat Barnett 6:15pm	MixedFit Brian Mapote 6:15pm	TC H.I.I.T. Nora Arellano 5:15pm	
22 TC TRX James Sardea 5:15pm	23 Water Aerobics Jay Brasuel 8:30am Hagatna Pool	24 Water Aerobics Jay Brasuel 8:30am Hagatna Pool	25 Water Aerobics Jay Brasuel 8:30am Hagatna Pool	26 Water Aerobics Jay Brasuel 8:30am Hagatna Pool	27 Hot Power Yoga Anya Mendiola 7:30am	Zumba Karen Luzano (Leo Palace, Belvedere) 5:30pm	Zumba Toning Leonor Capistrano 5:15pm	Abs & Butt James Sardea 5:15pm	BodySculpt Nora Arellano 5:15pm	Zumba Brian Mapote 8:35am	Water Aerobics Jen Duffie (Hilton Pool)* 6:00pm	Turbo Kick Marissa Collins 6:00pm	Water Aerobics Jen Duffie 6:30pm Hilton	Gentle Yoga Kat Barnett 6:15pm	MixedFit Brian Mapote 6:15pm	TC H.I.I.T. Nora Arellano 5:15pm	
29 HOLIDAY No Class	30 Water Aerobics Jay Brasuel 8:30am Hagatna Pool	31 Water Aerobics Jay Brasuel 8:30am Hagatna Pool	 <p>10 MAY WORLD LUPUS DAY</p>		<p>Lupus Awareness Day - May 10, 2017 Show your support by wearing purple to any fitness class on May 10 and receive a small gift.</p>		Zumba Karen Luzano (Leo Palace, Belvedere) 5:30pm	Zumba Toning Leonor Capistrano 5:15pm	Abs & Butt James Sardea 5:15pm			Water Aerobics Jen Duffie (Hilton Pool)* 6:00pm	Turbo Kick Marissa Collins 6:00pm	Water Aerobics Jen Duffie 6:30pm Hilton	Gentle Yoga Kat Barnett 6:15pm		



TakeCare's Group Fitness Class Descriptions

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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 POWER YOGA

Hot Power Yoga is a 60 minutes yoga class opened to all levels that gives you the ability to unite asanas (postures) and prana (breath) which helps bring strength, balance and flexibility to the mind, body and spirit. Although this is an open level class, previous experience is recommended. Please be advised: Hot Power Yoga requires an environment with increased temperature.

MIXED 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.

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 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 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.

TURBO KICK

This class is a combination of drill, kickboxing, and dance movements all perfectly in tune to high energy and motivating music. A fun, innovative way to gain cardio health and strength! 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/veiovis 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.

