



New for August!

TakeCare "Let's Get Physical" Fitness Expo

Saturday Aug 11 | 10am - 4pm | UOG Field House

Register now at www.tcfitnessexpo.com

New Location:

- Zumba with Karen, Friday (August 17, 24), Tamuning Senior Center

New Time:

- Water Aerobics, Tuesday & Thursday, Hilton Pool, 6pm

Monthly Raffle:

- From Aug 1st - Aug 10th, wear your favorite 80's gear to be entered in our monthly raffle



Earn 2 Fitness Stamps

when you attend select fitness classes marked with the Generation Logo



SCROLL DOWN FOR FITNESS CALENDAR

TakeCare's Group Fitness Schedule

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

August 2018

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY** **SUNDAY**



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6

TC TRX James Sardea **5:20pm**

Zumba Karen Luzano **5:30pm** (Go Play)

Water Aerobics Jen Duffie **6:00pm** (Hilton Pool)*

MixedFit Marissa Collins **6:25pm**

7

Water Aerobics Jay Brasuel **8:30am** (Hagatna Pool)

Body Sculpt Eileen Rivera **5:20pm**

Strong by Zumba Marissa Collins **6:25pm**

Water Aerobics Jen Duffie **6:00pm** (Hilton Pool)*

13

TC TRX James Sardea **5:20pm**

Zumba Karen Luzano **5:30pm** (Go Play)

Water Aerobics Jen Duffie **6:00pm** (Hilton Pool)*

MixedFit Jason Roman **6:25pm**

14

Water Aerobics Jay Brasuel **8:30am** (Hagatna Pool)

Body Sculpt Eileen Rivera **5:20pm**

MixedFit Marissa Collins **6:25pm**

Water Aerobics Jen Duffie **6:00pm** (Hilton Pool)*

20

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21

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27

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MixedFit Marissa Collins **6:25pm**

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1 **Water Aerobics** 8:30am Jay Brasuel (Hagatna Pool)

Abs & Butt James Sardea **5:20pm**

Zumba Karen Luzano **5:30pm** (Go Play)

Water Aerobics Jen Duffie **6:00pm** (Hilton Pool)*

Zumba Pat Cruz **6:25pm**

2 **Water Aerobics** 8:30am Jay Brasuel (Hagatna Pool)

HOT HULA fitness® Kendra Guerrero **5:20pm**

MixedFit Marissa Collins **6:25pm**

Water Aerobics Jen Duffie **6:00pm** (Hilton Pool)*

8 **Water Aerobics** 8:30am Jay Brasuel (Hagatna Pool)

Abs & Butt James Sardea **5:20pm**

Zumba Karen Luzano **5:30pm** (Go Play)

Water Aerobics Jen Duffie **6:00pm** (Hilton Pool)*

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HOT HULA fitness® Kendra Guerrero **5:20pm**

MixedFit Brian **6:25pm**

Water Aerobics Jen Duffie **6:00pm** (Hilton Pool)*

15 **Water Aerobics** 8:30am Jay Brasuel (Hagatna Pool)

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Zumba Karen Luzano **5:30pm** (Go Play)

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16 **Water Aerobics** 8:30am Jay Brasuel (Hagatna Pool)

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3 **Water Aerobics** 8:30am Jay Brasuel (Hagatna Pool)

TC H.I.I.T. Nora Arellano **5:20pm**

Zumba Karen Luzano **5:30pm** UOG: Triton Fitness Center

TC Cycling James Sardea **5:35pm** Same day RSVP: 969-7308 (Urban Fitness)

Water Aerobics Jen Duffie **6:00pm** (Hilton Pool)*

TC Cardio Boxing James Sardea **6:30pm**

4

Yoga Francis Santos **7:30am**

Zumba Brian Mapote **8:35am**

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For more info or to register visit www.tcfitnessexpo.com

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Yoga Melvin Brillantes **8:30am** (Go Play)

19

Yoga Melvin Brillantes **8:30am** (Go Play)

26

Yoga Melvin Brillantes **8:30am** (Go Play)



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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.

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.

TC CARDIO BOXING

TakeCare's Signature Group Fitness Class. This martial arts based, high intensity, cardio workout will help you improve your posture, endurance, and coordination. Learn proper techniques for punching and kicking in this non-contact class. We will challenge your strength, endurance, and coordination all while having fun. All levels of fitness are encouraged to join.

No gloves needed.

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®.

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.

STRONG BY ZUMBA

STRONG by Zumba® is a revolutionary high-intensity workout where every move is synced to a beat, pushing you harder to give it everything you've got, and then some. Using only your body weight, STRONG by Zumba® will test your strength and stamina in a powerful cardio and muscle-conditioning session, all led by music.

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.**

TCH.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.

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.

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.

WALK-A-MILE

Join TakeCare and the University of Guam in getting fit one mile at a time. Just check in with a Wellness Team member at TakeCare's Wellness Center then walk or run for at least 30 minutes. Be sure to get your Fitness Stamp after your workout. Ask about our suggested route that's 2.5 miles.

NOTE: The Walk-a-Mile class is ongoing throughout week, as long as there are fitness classes scheduled at the TakeCare Wellness Center.

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.

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.

- FREE for TakeCare/Weiovis 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

Must be 16 years or older to participate. Please bring bottled water. Park at the TASI parking lot, near the tennis courts. Access to pool bathroom & showers, not Hilton gym.

* GO PLAY

Kids can Go Play in the designated Playrooms at a discounted rate. \$10 per child for up to 90 mins. Valid during Zumba class only. Terms and conditions apply. Call 646-7529 for more information.

