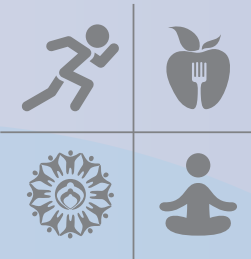




# TakeCare's Group Fitness Schedule

## August 2022



Balanced Lifestyle  
TakeCare

Visit [www.takecareasia.com](http://www.takecareasia.com) or use the TakeCare App for updated information.

FREE for TakeCare Members - Please present your insurance card and ID.

Non-members:

\$5 drop-in at TakeCare Wellness Center,

Classes at Hilton and Urban Fitness are subject to facility drop-in rate

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>TakeCare Wellness Center</b> (671) 646-6956 x7260	<b>MixedFit</b> 5:30pm   Brian	<b>Zumba</b> 5:30pm   Karen	<b>MixedFit</b> 5:30pm   Brian	<b>Zumba</b> 5:30pm   Karen	
<b>Urban Fitness Guam</b> (671) 686-7779	<b>Cross Training</b> 5:15pm   James		<b>H.I.I.T.</b> 5:45pm   James		<b>Cross Training</b> 12:00pm   James
<b>Hilton Wellness Center</b> (671) 646-1835	<b>Water Aerobics</b> Group 1: 4:30pm Group 2: 5:00pm Jenn	<b>Water Aerobics</b> 8:30am   Jay <hr/> <b>Stong Nation</b> 12:00pm   Marissa	<b>Water Aerobics</b> 8:30am   Jay <hr/> <b>Water Aerobics</b> Group 1: 4:30pm Group 2: 5:00pm Jenn	<b>Water Aerobics</b> 8:30am   Jay <hr/> <b>MixedFit</b> 12:00pm   Marissa	<b>Aqua Zumba</b> 8:30am   Karen <hr/> <b>Water Aerobics</b> 5:00pm   Jenn

\*Schedule is subject to change without notice.



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# TakeCare's Group Fitness Class Descriptions

All classes may be modified for all levels of fitness.

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## **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.

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## **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.