



# TakeCare's Group Fitness Schedule

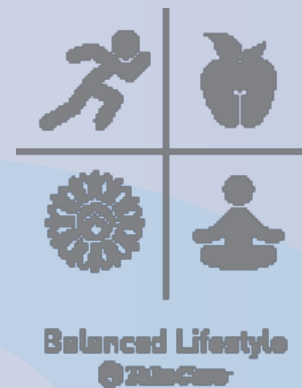
## NOVEMBER 2023

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:

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



LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Camellia Function Rm (The Tsubaki Tower) Max Capacity: 45	<b>Mixed Fit</b> 5:30pm   Ann	<b>Zumba</b> 5:30pm   Karen	<b>Mixed Fit</b> 5:30pm   Ann	<b>Zumba</b> 5:30pm   Karen	
LAST DAY OF CLASSES NOV 16 <sup>TH</sup>					
Urban Fitness Guam (671) 686-7779	<b>Cross Training</b> 5:30pm   James		<b>H.I.I.T.</b> 5:30pm   James		<b>Cross Training</b> 12:00pm   James
University of Guam			<b>Yoga</b> 12:00pm   Olympia (Lecture Hall)		
Hilton Wellness Center (671) 646-1835	<b>Water Aerobics</b> Group 1: 4:30pm Group 2: 5:00pm Jenn  <b>Strong Nation</b> 12:00pm   Karen	<b>Water Aerobics</b> 8:30am   Jay	<b>Water Aerobics</b> 8:30am   Jay  <b>Strong Nation</b> 12:00pm   Karen  <b>Water Aerobics</b> Group 1: 4:30pm Group 2: 5:00pm Jenn	<b>Water Aerobics</b> 8:30am   Jay	<b>Aqua Zumba</b> 8:30am   Karen  <b>Water Aerobics</b> 5:00pm   Jenn

\*Schedule is subject to change without notice

# 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.
- For classes at The Tsubaki Tower, please park at the Hotel Nikko Guam and use direct entrance to Camellia Function room