TakeCare's Group Fitness Schedule

November 2026

FREE for TakeCare Members - Please present your insurance card and ID.
Non-members: Classes at Hilton Wellness Center & Urban Fitness are subject to facility drop-in rate.

Balanced Lifestyle
TakeCare

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Century Plaza (2nd floor parking)	**Mixxed Fit** 5:30pm | Brian	**Zumba** 5:30pm | Karen	**Mixxed Fit** 5:30pm | Brian	**Zumba** 5:30pm | Karen	
Hilton Wellness Center (671) 646-1835	**Water Aerobics** Group 1: 4:30pm Group 2: 5:00pm Jenn **Strong Nation** 12:00pm | Karen	**Water Aerobics** 8:30am | Jay	**Water Aerobics** 8:30am | Jay **Strong Nation** 12:00pm | Karen **Water Aerobics** Group 1: 4:30pm Group 2: 5:00pm Jenn	**Water Aerobics** 8:30am | Jay	**Aqua Zumba** 8:30am | Karen **Water Aerobics** 5:00pm | Jenn
Urban Fitness Guam (671) 686-7779	**UrbanFit** 5:30pm | James		**UrbanFit** 5:30pm | James		**Swole** 12:00pm | Dani

*Schedule is subject to change without notice. Visit www.takecareasia.com or use the TakeCare App for updated information.

TakeCare℠
takecareasia.com
Connect with us

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.

UrbanFit

UrbanFit 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!

MIXXEDFIT

MixxedFit 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.

SWOLE

Unleash your inner beast with SWOLE. This closs is full of electrifying High Intensity Interval Training (HIIT) and rep works outs. Experience the thrill of building your muscular strength, cardio endurnace, and pushing yourself to new heights!

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!

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.