

FITNESS CLASS SCHEDULE

Hilton Guam Resort & Spa

EFFECTIVE NOVEMBER 1, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Zumba Toning (Yvonnee) 9AM-10AM</p> <hr/> <p>Basic Yoga (Leif) 10AM-11AM</p> <hr/> <p>*PILATES (Lauren) 12:30PM-1:30PM</p> <hr/> <p>Yoga (Shiori) 6PM-7PM</p> <hr/> <p>Zumba Toning (Yvonnee) 6PM-7PM</p> <hr/> <p>*AQUA AEROBICS (Jennifer) 5:00PM-6:00PM</p> <hr/> <p>Aqua Aerobics (Jennifer) 6:30PM-7:30PM</p>	<p>Zumba Toning (Yvonnee) 9AM-10AM</p> <hr/> <p>*MIXXED FIT (Cheri) 5:30PM-6:30PM</p> <hr/> <p>Intermediate Yoga (Leif) 6PM-7PM</p> <hr/> <p>Zumba Toning (Yvonnee) 6:30PM-7:30PM</p> <hr/> <p>Aqua Aerobics (Jennifer) 6:30PM-7:30PM</p>	<p>Zumba Toning (Yvonnee) 9AM-10AM</p> <hr/> <p>Basic Yoga (Leif) 10AM-11AM</p> <hr/> <p>*PILATES (Lauren) 12:30PM-1:30PM</p> <hr/> <p>Yoga (Leif) 6PM-7PM</p> <hr/> <p>Zumba Toning (Yvonnee) 6PM-7PM</p> <hr/> <p>*AQUA AEROBICS (Jennifer) 5:00PM-6:00PM</p> <hr/> <p>Aqua Aerobics (Jennifer) 6:30PM-7:30PM</p>	<p>* YOGA (Hatsue) 6AM-7AM</p> <hr/> <p>Zumba Toning (Yvonnee) 9AM-10AM</p> <hr/> <p>*MIXXED FIT (Melanie) 5:30PM-6:30PM</p>	<p>*MORNING RUN (GRC) 6AM-7AM</p> <hr/> <p>Zumba (Yvonnee) 9AM-10AM</p> <hr/> <p>Intermediate Yoga (Leif) 10AM-11AM</p> <hr/> <p>*PILATES (Lauren) 12:30PM-1:30PM</p> <hr/> <p>Intermediate Yoga (Leif) 6PM-7PM</p> <hr/> <p>Zumba Toning (Yvonnee) 6PM-7PM</p> <hr/> <p>*AQUA AEROBICS (Jennifer) 5:00PM-6:00PM</p> <hr/> <p>Aqua Aerobics (Jennifer) 6:30PM-7:30PM</p>	<p>*AQUA AEROBICS (Jennifer) 8:30AM-9:30AM</p> <hr/> <p>Zumba (Gemma) 9AM-10AM</p> <hr/> <p>Intermediate Yoga (Leif) 10AM-11AM</p> <hr/> <p>*ACTIVATE (Bella) 12PM-1PM</p> <hr/> <p>Intermediate Yoga (Leif) 6PM-7PM</p> <hr/> <p>Zumba Toning (Yvonnee) 6PM-7PM</p>

CLASS RATES

Registration required prior to each class at Hilton Wellness Center/Gym

*FREE	FREE	\$5	\$10
<p>NetCare Members (At least 18 years & older)</p> <ul style="list-style-type: none"> * Aqua Aerobics * Mixxed Fit * Morning Run * Pilates * Power Yoga * Activate 	<p>Hilton Honors (In House Guest)</p> <p>Hilton Hotel Guests</p>	<p>PHR Members</p>	<p>Hilton Honors</p> <p>Walk Ins</p>

ACTIVATE

Instructor: Bella

Integrated Kickboxing offers additional fitness benefits of interval training, platform drills, core conditioning, isolated area strengthening, and rejuvenating relaxation and flexibility exercises to include 20 minutes of exciting kickboxing cardio all in a full hour workout that will give you the results you want in a transformed strong fit new YOU as long as you commit it to yourself.

**Replacing Pilates Class for a limited time only (September 14-October 2, 2017)*

AQUA AEROBICS

Instructor: Jennifer

This is a type of resistance training with low impact on your joints. Working out in the water provides equal resistance through your full range of motion. Done mostly vertically, and without swimming, it only takes a few sessions to see a big difference in your overall fitness.

MIXXED FIT

Instructor: Cheri and Melanie

A hip hop, people-inspired dance fitness program that is a perfect blend of dancing and boot camp inspired toning. Everything about the dance fitness program can be described as explosive—all of the movements are big, exaggerated, full-out, and the very best.

[Available on](#)

Tuesday and Thursday

PILATES

Instructor: Lauren

Realize muscles you never knew you had! Pilates may increase muscle strength and endurance, improve flexibility and posture, lead to better balance and result in decreased joint pain, by focusing on trying to relax muscles which are tense and provide strengthening of the body.

[Available on](#)

Monday, Wednesday, and Friday

YOGA

Instructor: Shiori and Leif

Practice right here, in our own little paradise. With yoga, you'll hone your mental focus, rid your system of toxins, and improve your posture. Work muscles you've often ignored in this form of Mind-Body Fitness.

[Available on](#)

Monday through Saturday

POWER YOGA

Instructor: Leah

PLEASE BRING PERSONAL YOGA MAT

An intense workout moving at a fast rhythm to make you sweat. A traditional Ashtanga practice follows the same series of poses while holding each for five breaths before moving through a Vinyasa.

[Available on](#)

Thursday

ZUMBA

Instructor: Yvonnee and Gemma

Perfect for everybody and *every body!* Total workout combining all elements of fitness cardio, muscle conditioning, balance and flexibility. All by dancing to great music, with great people and people to burn a ton of calories without even realizing you are working out!

[Available on](#)

Saturday

ZUMBA TONING

Instructor: Yvonnee

Those who want to dance, but put extra emphasis on toning and sculpting to define your muscles. Just like Zumba, but enhances sense of rhythm and coordination while toning targeting zones including arms, core, and lower body.

[Available on](#)

Monday through Saturday

MORNING RUN

Instructor: Guam Running Club

GRC is dedicated to promoting a health lifestyle through the sport of running. Runners of all ages and levels, fast or slow train together.

[Available on](#)

Friday
