

# FITNESS CLASS SCHEDULE

## Hilton Guam Resort & Spa

EFFECTIVE DECEMBER 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><b>*PILATES</b> (Melvin) 12:30PM-1:30PM</p> <hr/> <p>Yoga (Shiori) 6PM-7PM</p> <hr/> <p>Zumba Toning (Yvonnee) 6PM-7PM</p> <hr/> <p><b>*AQUA AEROBICS</b> (Jennifer) 5:00PM-6:00PM</p> <hr/> <p>Aqua Aerobics (Jennifer) 6:00PM-7:00PM</p>	<p>Zumba Toning (Yvonnee) 9AM-10AM</p> <hr/> <p><b>*MIXXED FIT</b> (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) 6:00PM-7:00PM</p>	<p>Zumba Toning (Yvonnee) 9AM-10AM</p> <hr/> <p>Basic Yoga (Leif) 10AM-11AM</p> <hr/> <p><b>*PILATES</b> (Melvin) 12:30PM-1:30PM</p> <hr/> <p>Yoga (Leif) 6PM-7PM</p> <hr/> <p>Zumba Toning (Yvonnee) 6PM-7PM</p> <hr/> <p><b>*AQUA AEROBICS</b> (Jennifer) 5:00PM-6:00PM</p> <hr/> <p>Aqua Aerobics (Jennifer) 6:00PM-7:00PM</p> <hr/> <p><b>*HOT HULA</b> (Jason) 7:00PM-8:00PM</p>	<p><b>*YOGA</b> (Melvin) 6AM-7AM</p> <hr/> <p>Zumba Toning (Yvonnee) 9AM-10AM</p> <hr/> <p><b>*MIXXED FIT</b> (Melanie) 5:30PM-6:30PM</p> <hr/> <p>Aqua Aerobics (Jennifer) 6:00PM-7:00PM</p>	<p>Zumba (Yvonnee) 9AM-10AM</p> <hr/> <p>Intermediate Yoga (Leif)</p> <hr/> <p><b>*PILATES</b> (Melvin) 12:30PM-1:30PM</p> <hr/> <p>Intermediate Yoga (Leif) 10AM-11AM</p> <hr/> <p>Zumba Toning (Yvonnee) 6PM-7PM</p> <hr/> <p>Aqua Aerobics (Jennifer) 6:00PM-7:00PM</p>	<p><b>*AQUA AEROBICS</b> (Jennifer) 8:30AM-9:30AM</p> <hr/> <p>Zumba (Gemma) 9AM-10AM</p> <hr/> <p>Intermediate Yoga (Leif) 10AM-11AM</p> <hr/> <p><b>*ACTIVATE</b> (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><b>NetCare Members</b> (At least 18 years &amp; older)</p> <ul style="list-style-type: none"> <li>* Aqua Aerobics</li> <li>* Mixxed Fit</li> <li>* Morning Run</li> <li>* Pilates</li> <li>* Power Yoga</li> <li>* Strong by Zumba</li> </ul>	<p><b>Hotel Guests</b></p> <p><b>Hilton Honors</b> (In House Guest)</p>	<p><b>PHR Members</b></p>	<p><b>Hilton Honors</b></p> <p><b>Walk Ins</b></p>

## ACTIVATE

Instructor: Bella

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, lunge and burpee is driven by the music, helping you make it to the last rep, and maybe even five more.

[Available on](#)  
Saturday

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## 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.

[Available on](#)  
Monday, Wednesday, and Saturday

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## 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

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## PILATES

Instructor: Melvin

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

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## 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

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## HOT HULA

Instructor: Jason

Hot Hula is the latest dance fitness workout to come to Guam. It's a low-impact sport using dance moves without a lot of jumping and running. All fitness levels and age groups can join—and it's fun! You don't even know you're working out.

[Available on](#)  
Wednesday

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## 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

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## POWER YOGA

Instructor: Melvin

**\*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

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## 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