



THE WELLNESS CENTER OFFERS A WIDE RANGE OF FULLY-EQUIPPED FITNESS FACILITY

Elevate your energy levels on cardio machines, tone up your muscles with free weights and strength training equipment or enjoy our invigorating group fitness classes.

Group Fitness Class Schedule (Effective 10/15/2022)

Classes are tentative and may be canceled at a moment's notice due to weather or hotel banquet room functions. Classes are on a first-come, first-serve basis due to space limitations.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ZUMBA TONING (Yvonnee) 9AM - 10AM	TC AQUA AEROBICS (Jay) 8:30AM-9:30AM	TC AQUA AEROBICS (Jay) 8:30AM-9:30AM	TC AQUA AEROBICS (Jay) 8:30AM-9:30AM	TC AQUA AEROBICS (Karen) 8:30AM-9:30AM	YOGA ASANA (Leif) 10AM-11AM	YOGA ASANA (Leif) 10AM-11AM
YOGA ASANA (Leif) 10AM-11AM	ZUMBA TONING (Yvonnee) 9AM - 10AM	ZUMBA TONING (Yvonnee) 9AM - 10AM	ZUMBA TONING (Yvonnee) 9AM - 10AM	ZUMBA TONING (Yvonnee) 9AM - 10AM	YOGA ASANA (Leif) 6PM-7PM	
TC AQUA AEROBICS (Jennifer) 4:30PM - 6PM	YOGA (Shiori) 10AM-11AM	YOGA ASANA (Leif) 10AM-11AM	YOGA (Shiori) 10AM-11AM	YOGA ASANA (Leif) 10AM-11AM		
ZUMBA TONING (Yvonnee) 6PM-7PM	ZUMBA TONING (Yvonnee) 6PM-7PM	TC AQUA AEROBICS (Jennifer) 4:30PM - 6PM	ZUMBA TONING (Yvonnee) 6PM-7PM	TC AQUA AEROBICS (Jennifer) 5PM - 6PM		
YOGA ASANA (Leif) 6PM-7PM	YOGA ASANA (Leif) 6PM-7PM	ZUMBA TONING (Yvonnee) 6PM-7PM	YOGA ASANA (Leif) 6PM-7PM	ZUMBA TONING (Yvonnee) 6PM-7PM		
		YOGA ASANA (Leif) 6PM-7PM		YOGA ASANA (Leif) 6PM-7PM		

Classes are free to Hilton Guam Wellness Members and In-House Hilton Honors Guests
Fees are required for Walk-Ins and Hilton Honors Members: \$10.00 • Hotel Guests: \$5.00 • PHR Members: \$5.00

For questions or inquiries, contact: Hilton Guam Resort & Spa, Wellness Center
Telephone: 671-646-1835 • Email: wellness_guam@hilton.com