



GROUP FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AQUA SYNERGY (Kinnari) 8:30AM - 9:30AM	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 ZUMBA (Karen) 8:30AM - 9:30AM	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	ZUMBA TONING (Yvonnee) 9AM - 10AM	YOGA ASANA (Leif) 6PM - 7PM	
YOGA ASANA (Leif) 10AM - 11AM	YOGA (Leif) 10AM - 11AM	YOGA ASANA (Leif) 10AM - 11AM	YOGA (Leif) 10AM - 11AM	YOGA ASANA (Leif) 10AM - 11AM		
STRONG NATION (Karen) 12PM - 1PM	AQUA SYNERGY (Marlyn) PAUSED	STRONG NATION (Karen) 12PM - 1PM	AQUA SYNERGY (Marlyn) PAUSED	TC AQUA AEROBICS (Jennifer) 5PM - 6PM		
TC AQUA AEROBICS (Jennifer) 4:30PM - 6PM	ZUMBA TONING (Yvonnee) 6PM - 7PM	TC AQUA AEROBICS (Jennifer) 4:30PM - 6PM	ZUMBA TONING (Yvonnee) 6PM - 7PM	ZUMBA TONING (Yvonnee) 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		
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Hilton Guam Wellness Members: FREE • Hilton Honors Members (In-House Guests): FREE
Walk-Ins: \$20.00 • Hilton Honors Members: \$10.00 • Hotel Guests: \$5.00 • PHR Members: \$5.00

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

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