



**THE SYNERGY**  
"WHERE FITNESS MEETS WELLNESS"  
**WEEKDAY WORKOUT**

**Free to all  
Calvo's SelectCare  
Members!**

**August 2017**

**Monday**

**5:30pm**  
Aqua  
Zumba  
Sheraton Pool

**6:00pm**  
Hipbox  
Maite Location

**Tuesday**

**5:30pm**  
Aqua  
Fitness  
Hagåtña Pool

**CrossFit  
Jumpstart**  
Maite Location

**Kids  
Cardio Boxing  
(Ages 5 - 12 yrs.)**  
Maite Location

**Wednesday**

**5:30pm**  
Aqua  
Zumba  
Sheraton Pool

**Thursday**

**5:30pm**  
Aqua  
Fitness  
Hagåtña Pool

**6:00pm**  
Mixxed Fit  
Maite Studio

**Friday**

**5:30pm**  
Cardio  
Boxing  
Maite Location

**5:30pm**  
Cardio  
Tahitian  
East Hagåtña  
Location

**No Gym Membership Required!**

Classes are on a first come, first served basis.  
Must present Calvo's SelectCare identification card.

**Classes are subject to change.**

For more information, please contact Customer Service  
**Phone: (671) 477-9808 Email: [wellness@calvos.com](mailto:wellness@calvos.com)**

**CALVO'S**  
*Select  
Care*  
HEALTH PLANS