

# THE WEEKDAY WORKOUT

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

## October 2017

New Wednesday  
Classes

### CROSSFIT BASICS

Oct. 4, 25 | 6:15pm  
Custom Fitness, West Hagatna

### BURN

Oct. 11 | 6:30pm  
Unified, Tamuning

### NO-GI BJJ TECHNIQUE

Oct. 18 | 7:00pm  
Steel Athletics, Tamuning

#### Monday

5:30pm  
Aqua  
Tahitian  
Sheraton Pool

6:00pm  
Hipbox  
Synergy, Maite

#### Tuesday

5:30pm  
Aqua  
Fitness  
Hagåtña Pool

CrossFit  
Jumpstart  
Synergy, Maite

Kids  
Cardio Boxing  
(Ages 5 - 12 yrs.)  
Synergy, Maite

#### Wednesday

5:30pm  
Aqua  
Tahitian  
Sheraton Pool

Oct. 4, 25 | 6:15pm <sup>NEW</sup>  
**CrossFit Basics**  
Custom Fitness,  
West Hagatna

Oct. 11 | 6:30pm <sup>NEW</sup>  
**Burn**  
Unified, Tamuning

Oct. 18 | 7:00pm <sup>NEW</sup>  
**No-Gi BJJ Technique**  
Steel Athletics,  
Tamuning

#### Thursday

5:30pm  
Aqua  
Fitness  
Hagatna Pool

6:00pm  
MixedFit  
Synergy, Maite

#### Friday

5:30pm  
Cardio  
Boxing  
Synergy, Maite

5:30pm  
Tahitian Fit  
Synergy, Maite

### 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