

THE WEEKDAY WORKOUT

Free to all
Calvo's SelectCare
Members!

December 2017

New Wednesday
Classes

CROSSFIT BASICS

Dec. 6, 27 | 6:15pm
Custom Fitness, West Hagatna

BURN

Dec. 13 | 6:30pm
Unified, Tamuning

NO-GI BJJ TECHNIQUE

Dec. 20 | 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

Dec. 6, 27 | 6:15pm ^{NEW}
CrossFit Basics
Custom Fitness,
West Hagatna

Dec. 13 | 6:30pm ^{NEW}
Burn
Unified, Tamuning

Dec. 20 | 7:00pm ^{NEW}
No-Gi BJJ Technique
Steel Athletics,
Tamuning

Thursday

5:30pm
Aqua
Fitness
Hagatna Pool

5:30 pm
TRX Training
Synergy, Maite

5:30 pm
Cycling
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

CALVO'S
select
Care
HEALTH PLANS