



# THE SAIPAN WEEKDAY WORKOUT



March 2017

## SelectCare Wellness

### Program Schedule

Instructor: Charry de Guzman

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

#### Tuesday

**Zumba B1/B2**  
**March 7, 21**  
7:00-8:00pm  
GLUSHKO Studio  
Mount Carmel School

**Zumba Toning**  
**March 14, 28**  
7:00-8:00pm  
GLUSHKO Studio  
Mount Carmel School

#### Friday

**Kickboxing**  
**March 3**  
6:30-7:30pm  
GLUSHKO Studio  
Mount Carmel School

**Pilates**  
**March 10**  
6:30-7:30pm  
GLUSHKO Studio  
Mount Carmel School

**MMA**  
**March 17**  
6:30-7:30pm  
GLUSHKO Studio  
Mount Carmel School

**Yoga**  
**March 24**  
6:30-7:30pm  
GLUSHKO Studio  
Mount Carmel School

**Zumba B1/B2**  
**March 31**  
6:30-7:30pm  
GLUSHKO Studio  
Mount Carmel School

Classes are on a first come, first served basis. RSVP today!  
Lou Muna-Camacho (670) 234-5922 • Sandy Tse (670) 234-5690

Children must be accompanied by an adult at all times  
Proper gym attire required

Must present Calvo's SelectCare identification card at reception area.

