

March
2017



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

Free to all
Calvo's SelectCare
Members!

Monday

5:30pm
Aqua
Zumba
Sheraton Pool

6:00pm
Hipbox
Maite Location

Tuesday

5:30pm
Aqua
Fitness
Hagåtña Pool

5:30pm
CrossFit
Jumpstart
Maite Location

Wednesday

5:30pm
Aqua
Zumba
Sheraton Pool

Thursday

5:30pm
Aqua
Fitness
Hagåtña Pool

5:30pm
ZUMBA®
Maite Location

Friday

5:30pm
Cardio
Boxing
Maite Location

5:30pm
Hot Hula
East Hagåtña
Location

Saturday

8:30am
Syner-Cycling
Maite 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 call
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Tracy Cantimbuhan: (671) 479-7985

CALVO'S
*select
Care*
HEALTH PLANS