




THE WEEKDAY WORKOUT

Free to all
Calvo's SelectCare
 Members!

July 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

