



SYNERGY STUDIOS
"WHERE FITNESS MEETS WELLNESS"

THE WEEKDAY WORKOUT

Free to all
Calvo's SelectCare
Members!

May 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
Mixed Fit
Maite Studio

Friday

5:30pm
Cardio
Boxing
Maite Location

5:30pm
Hot Hula
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

CALVO'S
**Select
Care**
HEALTH PLANS