



THE SAIPAN WEEKDAY WORKOUT

FREE to all Calvo's SelectCare Members!



December 2017 SelectCare Wellness Program Schedule

Instructor: Charry de Guzman

Tuesday	Zumba B1/B2 Dec. 5, 12, 19, 26 7:00-8:00pm Glushko Academy Mt. Carmel School	Thursday Yoga Dec. 14 7:00-8:00pm Glushko Academy Mt. Carmel School	
Friday	Zumba Toning Dec. 1, 22 7:00-8:00pm Glushko Academy Mt. Carmel School	Zumba B1B2 Dec. 8, 29 7:00-8:00pm Glushko Studio Mt. Carmel School	Hot Hula Fitness Dec. 15 6:30-7:30pm Glushko Studio Mt. 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.

