









THE WEEKDAY WORKOUT



Free Daily Exercise Classes for the month of November 2023

Gym	Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
			4:45pm General Physical Preparedness		4:45pm General Physical Preparedness		8:15am Yoga
	6:00pm Strong Nation 6:00pm CIRCL Mobility						7:30am Yoga 10:30am MixxedFit 6:00pm ZUMBA
 Hours: 5:30am-6:30pm		6:30am Strength and Conditioning 6:30pm Hybrid x Saina	6:30am Strength and Conditioning 3:30pm Kids Class	6:30am Strength and Conditioning 6:30pm Hybrid x Saina	6:30am Strength and Conditioning 3:30pm Kids Class	6:30am Strength and Conditioning 6:30pm Hybrid x Saina	
			9:00am Steel Sweat 6:30pm Steel Sweat		9:00am Steel Sweat 6:30pm Steel Sweat	6:30pm Boxing Class	10:00am Women's Boxing
		5:30pm SynerCycle 5:30pm TahitianFit	5:30pm SynerBooty Barre 6:30pm CardioBoxing	5:30pm SynerCycle 5:30pm SynerHIIT	5:30pm SynerBootyBarre 5:30pm YOGA (E. Hagåtña) 5:30pm YOGA (E. Hagåtña)	5:30pm YOGA (E. Hagåtña) 5:30pm MIXXEDFIT	
			5:30am BURN 6:30pm BURN		5:30am BURN 6:30pm BURN		7:15am BURN

Space is limited. Call for reservations. Free to all Calvo's SelectCare Members! No Gym Membership Required!
Classes are on a first come, first served basis and are subject to change. Must present Calvo's SelectCare identification card.



Take a pic of your Weekday Workout class and use hashtag **#scweekdayworkout** for a chance to win 1 of 2 \$50 gas certificates each month!



@calvosselectcare

Description of Classes

November 2023

The Bridge Classes

Maite: 671-969-3786

GPP (General Physical Preparedness): This class will focus on movements that we perform in our everyday life – bodyweight movements, weightlifting, and conditioning.

CrossFit Latte Stone Classes

Dededo: 671-633-2357

Weight Lifting: Foundational weightlifting: The foundational weightlifting session includes learning and experiencing how to perform the snatch, clean, and jerk safely, efficiently, and effectively. Technique and skill are the main focus, and development is completed through a carefully planned program.

Mixed Fit: It is a people-inspired fitness program that combines explosive dance movements with bodyweight toning. Get ready to dance to the top 40, pop, R&B, Hip Hop, Rock, reggae and everything in between.

Reserve your spot by emailing:
crossfitlattestone@gmail.com

Custom Fitness Classes

Hagåtña: 671-989-0436

Hybrid x Saina: Move through a variety of exercises designed to increase strength, balance, aerobic conditioning and range of motion. Improve functional tasks. This class is designed to improve the quality of life for our aging athletes (45+).

Must reserve your class spot using the link:
<https://customfitnessguam.as.me/HYBRIDweekdayworkout>

Strength and Conditioning: Training that improves multiple areas of strength and fitness. The strength and conditioning class combines weight training, gymnastic elements followed by metabolic conditioning to help build and maintain lean muscle, increase strength, increase metabolism and overall fitness levels.

STEEL Athletics Classes

Tamuning: 929-8795

Boxing: A combat sport in which two people usually wear protective equipment like boxing gloves and handwraps. This class is meant to teach individuals the proper technique when it comes to throwing punches, proper stance, and how to defend and evade punches. Perfect for beginners and intermediate levels.

Martial Arts Conditioning: Catering to the Martial Artist. This class focuses more on functional movement rather than functional strength. This class implements movements typically used in martial arts in combination with our strength and conditioning equipment to further augment their training on the mats.

Steel Sweat: For those that want to build lean muscle mass, burn body fat, and get in shape without having prior workout experience. Come train with us.

Classes are limited. Reserve your spot!
Call: 671-682-7294 or send a message on IG

Synergy Studio Classes

Hagåtña: 671-472-YOGA

Booty Barre: Low to mid-impact, high-energy, strengthening, and toning ballet barre exercises with light weights. No experience necessary.

Cardio Boxing: A mix of basic fundamental boxing with cardio, boxing style mitts and resistant training exercises (ex. bag, squat jumps, jump rope, etc.) No experience necessary and no sparring.

SynerCycle: Form of exercise with classes focusing on endurance, strength, intervals, high intensity, speed and agility using a synercycle with a weighted flywheel in a classroom setting.

SynerFit: A basic CrossFit course that is geared towards guiding members through techniques and skills of strength and cardio training.

SynerHIIT: High Intensity Interval Training workout consisting of short periods of intense/explosive anaerobic exercises lasting anywhere between 10 to 60 seconds with brief active periods of recovery. This workout relies on “the anaerobic energy releasing system”; pushing body and lungs to rely on energy sources stored in muscles.

Tahitian Fit: Discover the beautiful art of Authentic Tahitian Dance. Learn all about the sensual moves of Polynesian dances while getting a great cardio workout.

Class sizes are limited. Reserve your slot online:
<https://www.synergysguam.com/book-our-classes>
or call 671-472-YOGA

Unified Fit Classes

Tamuning: 671-969-8641

BURN: From bodyweight to loaded movements, the goal is to develop a higher tolerance to stress/fatigue so the body does not compromise quality of movement and most importantly, quality of life.

BUILD: Our strength program follows a structured weightlifting protocol to achieve balance between injury prevention, aesthetics, and performance. When you combine these three systems you get a well rounded program to provide you with a sustainable approach to achieving the results that you want!

Reserve your spot in one of the following ways:
Download the MindBody app
Call: 969-8641 | Email: social@unifiedguam.com
Must book session 24 hours prior to class



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Raffle Rules

Members can take as many photos of the Weekday Workout class they attend. There will be two winners announced at the end of each month. Open to Calvo's SelectCare members only. Must be 18 years old or older to qualify. Must present Calvo's SelectCare identification card. Other restrictions may apply.

For more information, please contact Customer Service: 671-477-9808, Gio Meneses: 671-479-7965 or Email: wellness@calvos.com

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