



# The SAIPAN WEEKDAY WORKOUT

**FREE to all  
Calvo's SelectCare  
Members!**



## October 2018 SelectCare Wellness Program Schedule

Instructor: Charry de Guzman

### Tuesday

**Hot Hula  
Fitness**  
Oct. 2, 9, 16, 23, 30  
6:30 - 7:30pm  
Glushko Academy  
Mt. Carmel School

### Friday

**Zumba B1/B2**  
Oct. 5, 12, 19, 26  
6:30 - 7:30pm  
Glushko Academy  
Mt. Carmel School

### Saturday

**Zumba  
Toning**  
Oct. 13  
6:30 - 7:30pm  
Glushko Academy  
Mt. Carmel School

### Hot Hula Fitness

Oct. 19, 26  
6:30 - 7:30pm  
Glushko Academy  
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.**

CALVO'S  
**select  
Care**  
HEALTH PLANS