



THE SAIPAN WEEKDAY WORKOUT

FREE to all Calvo's SelectCare Members!

October 2017 SelectCare Wellness Program Schedule

Instructor: Charry de Guzman

Tuesday	Zumba B1/B2 Oct. 3, 17, 31 6:30-7:30pm Glushko Academy Mt. Carmel School	Zumba B1/B2 Oct. 10 5:00-6:00pm Aqua Resort	Zumba B1/B2 Oct. 24 6:00-7:00pm Aqua Resort
Thursday	Yoga/Pilates Oct. 5, 19 6:30-7:30am Aqua Resort	Friday	Zumba Toning Oct. 6, 20 6:30-7:30pm Glushko Academy Mt. Carmel School
			Zumba B1B2 Sept. 13, 27 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.

