



THE WEEKDAY WORKOUT



Free Daily Exercise Classes for the month of July 2024

Aqua Fitness is back!

Synergy Studio's presents AquaSynerDance at the Hilton Resort & Spa Pool

Mondays 8:30am | Tuesdays and Thursdays 5:00pm-6:00pm

Fitness Partner	Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
			4:45pm General Physical Preparedness		4:45pm General Physical Preparedness		
	6:30pm MixedFit/ZUMBA (Hyatt Seaside)					6:30pm Circuit Mobility	8:00am Yoga (Hyatt Seaside) 10:30am MixedFit/ZUMBA
 Hours: 5:30am-6:30pm		6:30am Strength and Conditioning 6:30pm Hybrid x Saina	6:30am Strength and Conditioning	6:30am Strength and Conditioning 6:30pm Hybrid x Saina	6:30am Strength and Conditioning	6:30am Strength and Conditioning 6:30pm Hybrid x Saina	
		6:30pm Kickboxing	6:30pm Boxing		5:30pm STEEL Sweat 6:30pm Women's Jujitsu	12:00pm STEEL Fit	
		8:30am AquaSynerDance (Hilton) 5:30pm SynerStrength 5:30pm TahitianFit (E. Hagåtña)	5:00pm AquaSynerDance (Hilton) 5:30pm SynerDance (P&R)	5:30pm Cardio Boxing	5:00pm AquaSynerDance (Hilton) 6:45pm Booty Barre (E. Hagåtña)	5:30pm YOGA (E. Hagåtña) 5:30pm MIXXEDFIT	
		12:00pm BUILD	5:30am BURN		3:45pm BURN	5:30am BUILD	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

July 2024

The Bridge

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

Dededo: 671-633-2357

Circuit Mobility: includes a range of exercises designed to increase your range-of-motion, control muscles surrounding the joints, and to help you move more actively. It also incorporates flexibility which is the stretching and lengthening of muscles.

Mixed Fit/Zumba: 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.

Yoga: is a group of physical and mental practices which originated in ancient India. The practice aims to control and still the mind through focused breathwork and intentional movements. This yoga class can be considered a modern yoga suitable for most.

Custom Fitness

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

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.

Steel FIT: The baseline class for all of our athletes. Incorporating the best piece of equipment on the market in the assault bike, we mix explosive movements, fat blasting and muscle toning exercises in every workout. From professional fighters to novice cardio boxers, this class will get you in fight shape without having to get bruised and banged up from sparring.

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.

Women's JiuJitsu: Introduction to grappling in a safe, friendly environment for women.

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

Synergy Studio

Hagåtña: 671-472-YOGA

AquaSynerDance: Best described as a "dance party" in the pool. This is a low to high intensity aqua fitness class designed to improve cardiovascular fitness, endurance and muscular strength while having fun in the water without impacting the joints. *Although this a Synergy Studios Class, you can sign up with the Hilton Wellness Center. If you sign up through Synergy Studios portal, you will be directed to call Hilton. To Sign up/RSVP call the Hilton Wellness Center at 671 646 1835 ext. 5885 or 5665. Only 25 slots per class.*

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

Hipbox/SynerDance: This 60-minute fusion of cardio-kick, cardio-dance, and strength conditioning is sure to get your heart pumping, hips swaying, and muscles flexing! This is an open level class.

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.

MixedFit: A people inspired fitness program that incorporates explosive dance movements and body-weight exercises that will tone, sculpt, and burn calories. All of the movements in the MixedFit workout class are "big, exaggerated and full of fun" leaving all participants dripping in sweat.

SynerStrength: A 60 minute well-designed strength and conditioning class involving a wide range of exercises targeting specific muscle groups with an emphasis on enhancing mobility, stability, strength, endurance, power, speed, agility and overall fitness performance.

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.

Yoga: The Sanskrit word yoga means "to yoke" or "union". Yoga brings together and aligns the body, breath, mind, and spirit. The practice is both a work-out and a work-in. All Synergy yoga classes are open level.

Class sizes are limited. Reserve your slot online:

<https://www.synergyguam.com/book-our-classes>

or call 671-472-YOGA

Unified Fitness

Tamuning: 671-969-8641

BUILD: Our strength program that follows a structured weightlifting protocol with a goal to achieve balance between injury prevention, aesthetics, and performance.

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.

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



THE WEEKDAY WORKOUT

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, Joshua Dunn: 671-479-7932 or Email: wellness@calvos.com