



# THE WEEKDAY WORKOUT

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



## August 2017

### Monday

5:30pm  
Aqua  
Zumba  
Sheraton Pool

6:00pm  
Hipbox  
Maite Location

### Tuesday

5:30pm  
Aqua  
Fitness  
Hagåtña Pool

CrossFit  
Jumpstart  
Maite Location

Kids  
Cardio Boxing  
(Ages 5 - 12 yrs.)  
Maite Location

### Wednesday

5:30pm  
Aqua  
Zumba  
Sheraton Pool

### Thursday

5:30pm  
Aqua  
Fitness  
Hagåtña Pool

6:00pm  
Mixed Fit  
Maite Studio

### Friday

5:30pm  
Cardio  
Boxing  
Maite Location

5:30pm  
Cardio  
Tahitian  
East Hagåtña  
Location

## No Gym Membership Required!

Classes are on a first come, first served basis.  
Must present Calvo's SelectCare identification card.

Classes are subject to change.

For more information, please contact Customer Service  
Phone: (671) 477-9808 Email: [wellness@calvos.com](mailto:wellness@calvos.com)

CALVO'S  
**Select  
Care**  
HEALTH PLANS