



THE SAIPAN WEEKDAY WORKOUT

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

August 2017 **SelectCare Wellness**

Program Schedule

Instructor: Charry de Guzman

Zumba B1/B2
August 7, 14, 21, 28
5:30-6:30pm
GLUSHKO Studio
Mount Carmel School

Tuesday

Zumba B1/B2
August 8
7:15-8:15pm
GLUSHKO Studio
Mount Carmel School

Zumba Toning
August 22
7:15-8:15pm
GLUSHKO Studio
Mount Carmel School

Monday

Pilates
August 4
6:30-7:30pm
GLUSHKO Studio
Mount Carmel School

Zumba Toning
August 11, 25
6:30-7:30pm
GLUSHKO Studio
Mount Carmel School

Yoga
August 18
6:30-7:30pm
GLUSHKO Studio
Mount Carmel School

Friday

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