



THE SAIPAN WEEKDAY WORKOUT

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



August 2017 SelectCare Wellness Program Schedule

Instructor: Charry de Guzman

Monday	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
	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

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