

THE WEEKDAY WORKOUT

Monday



5:30pm - Hagåtña
TRX



6:15pm - Anigua
Hybrid



6:30pm - Tamuning
Kids Kickboxing



6:30am - Tamuning
BURN

Tuesday



5:30pm - Hagåtña
CrossFit Jumpstart

5:30pm - Hagåtña
Hipbox

5:30pm - Hagåtña Pool
Aqua Fit



6:30am - Tamuning
Open Gym

Wednesday



5:30pm - Hagåtña
Synercycling

5:30pm - Dededo Pool
Aqua Tahitian



12:00pm - Tamuning
Steel Fit



6:30am - Tamuning
BURN

Thursday



5:30pm - Hagåtña
Pilates

5:30pm - Hagåtña Pool
Aqua Fit



6:30am - Tamuning
Open Gym

Friday



5:30pm - Hagåtña
Tahitian Fit

5:30pm - Dededo Pool
Aqua Zumba



6:30am - Tamuning
BURN

Saturday



7:15am - Tamuning
BURN

Classes are subject to change

Free to all Calvo's SelectCare Members!

Synergy Classes

AquaFit: Classes are a low impact water exercise class focusing on aerobic endurance, flexibility, and resistance training while having fun in the water. Perfect for all ages and fitness levels.

Aqua Tahitian: Similar to Tahitian Fit, members will learn all about the sensual moves of Polynesian dances with a twist of an aquatic exercise.

Aqua Zumba: Make a splash by adding a low-impact, high-energy aquatic exercise to your fitness routine.

Crossfit Jumpstart: A basic Crossfit course that is geared towards guiding members through techniques and skills of strength and cardio training.

Hipbox: A combination of basic boxing skills with a fun twist of dance fitness!

Cardio Strength: A basic fundamentals class that is to improve strength while keeping an aerobic heart rate to improve cardiovascular endurance.

Pilates: A method of exercise and physical movement designed to stretch, strengthen, and balance the body with systematic

practice of specific exercises coupled with focused breathing patterns.

Syner-cycling: A high intensity cycling workout that focuses on endurance, strength, and intervals for improving fitness levels through the use of a stationary bike.

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.

TRX: Using the suspension of two straps, TRX is a full-body strength workout that utilizes a person's own body weight instead of relying on machines or dumbbells. TRX training helps to improve strength, balance, flexibility and core stability simultaneously.

Custom Fitness Classes

Hybrid: The class introduces functional movements by re-learning foundational movement patterns of squatting, hinging and pulling. Skills are learned through proper progression to scale the movements up as opposed to scaling down.

Unified Classes

Burn: A 45 minute high-intensity, interval training workout with body weight movements and light weights. The class incorporates functional fitness without any complex gymnastics, heavy weights or olympic weightlifting.

Open Gym: Don't have time for a class? No, problem the Unified facility is open for members to use and for visiting athletes. (subject upon approval)

Steel Athletics Classes

Kids Kickboxing: For ages 8-14, starting with basics, kids learn the fundamentals of striking in a controlled and safe environment. No experience necessary.

Steel Fit: The baseline strength and conditioning class for all of our athletes. 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.

No Gym Membership Required!

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

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