

# THE WEEKDAY WORKOUT

Free to all Calvo's SelectCare Members!

May 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>5:30pm</b> Aqua Tahitian Sheraton Pool</p>	 <p><b>5:30pm</b> CrossFit Jumpstart Hagåtña</p> <p><b>Kids</b> <b>Cardio Boxing</b> (Ages 5 - 12 yrs.) Hagåtña</p> <p><b>Aqua Fitness</b> Hagåtña Pool</p>	 <p><b>5:30pm</b> Aqua Tahitian Sheraton Pool</p>	 <p><b>5:30pm</b> TRX Hagåtña</p> <p><b>Aqua Fitness</b> Hagåtña Pool</p>	 <p><b>5:30pm</b> Cardio Boxing Hagåtña</p> <p><b>5:30pm</b> Tahitian Fit Hagåtña</p>	 <p><b>8:00am</b> Aqua Fitness Onward Pool</p>
 <p><b>6:15pm</b> Hybrid Anigua</p>	 <p><b>12:00pm</b> Steel Fit Tamuning</p>	 <p><b>4:30pm</b> Build Tamuning</p>		 <p><b>4:30pm</b> Build Tamuning</p>	 <p><b>7:15am</b> Burn Tamuning</p>



## 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)**

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