









# THE WEEKDAY WORKOUT



Free Daily Exercise Classes for the month of **April 2024**

## Aqua Fitness is back!

Synergy Studio's presents AquaSynerDance at the Hilton Resort & Spa Pool  
Mondays 8:30am | Tuesdays and Thursdays 5:00pm-6:00pm

| Fitness Partner  | Sundays                                     | Mondays  | Tuesdays  | Wednesdays  | Thursdays   | Fridays   | Saturdays  |
|--|---|--|---|---|---|---|--|
|                           |   |  | 4:45pm<br>General Physical Preparedness                                 |   | 4:45pm<br>General Physical Preparedness                         |   |  |
|                           | 6:30pm<br>MixedFit/ZUMBA<br>(Hyatt Seaside) |  |   |   |   | 6:30pm<br>Circuit Mobility  | 8:00am<br>Yoga<br>(Hyatt Seaside)<br><br>10:30am<br>MixedFit/ZUMBA |
| <br>Hours: 5:30am-6:30pm |   | 6:30am<br>Strength and Conditioning<br><br>6:30pm<br>Hybrid x Saina                              | 6:30am<br>Strength and Conditioning<br><br>3:30pm<br>Kids Class         | 6:30am<br>Strength and Conditioning<br><br>6:30pm<br>Hybrid x Saina | 6:30am<br>Strength and Conditioning<br><br>3:30pm<br>Kids Class | 6:30am<br>Strength and Conditioning<br><br>6:30pm<br>Hybrid x Saina |  |
|                          |   | 6:30pm<br>Kickboxing   | 6:30pm<br>Boxing  |   | 5:30pm<br>STEEL Sweat<br><br>6:30pm<br>Women's JiuJitsu         | 12:00pm<br>STEEL Fit  |  |
|                          |   | 8:30am<br>AquaSynerDance<br>(Hilton)<br><br>5:30pm<br>SynerStrength<br><br>5:30pm<br>TahitianFit | 5:00pm<br>AquaSynerDance<br>(Hilton)<br><br>5:30pm<br>Hipbox/Synerdance | 5:30pm<br>SynerStrength<br><br>5:30pm<br>Boxing                     | 5:00pm<br>AquaSynerDance<br>(Hilton)                            | 5:30pm<br>YOGA<br>(E. Hagåtña)<br><br>5:30pm<br>MIXXEDFIT           |  |
|                          |   | 12:00pm<br>BUILD   | 5:30am<br>BURN  |   | 3:45pm<br>BURN  | 5:30am<br>BUILD   | 7:15am<br>BURN   |

**Space is limited. Call for reservations. Free to all Calvo's SelectCare Members! No Gym Membership Required!**

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



Take a pic of your Weekday Workout class and use hashtag **#scweekdayworkout** for a chance to win 1 of 2 \$50 gas certificates each month!



@calvosselectcare

## Description of Classes

April 2024

### The Bridge Classes

**Maite: 671-969-3786**

**GPP (General Physical Preparedness):** This class will focus on movements that we perform in our everyday life – bodyweight movements, weightlifting, and conditioning.

### CrossFit Latte Stone Classes

**Dededo: 671-633-2357**

**Circuit Mobility:** includes a range of exercises designed to increase your range-of-motion, control muscles surrounding the joints, and to help you move more actively. It also incorporates flexibility which is the stretching and lengthening of muscles.

**Mixed Fit:** It is a people-inspired fitness program that combines explosive dance movements with bodyweight toning. Get ready to dance to the top 40, pop, R&B, Hip Hop, Rock, reggae and everything in between.

**Yoga:** is a group of physical and mental practices which originated in ancient India. The practice aims to control and still the mind through focused breathwork and intentional movements. This yoga class can be considered a modern yoga suitable for most.

**Mixedfit:** is a people-inspired fitness program that combines explosive dance movements with bodyweight toning.

Reserve your spot by emailing:

[crossfitlattestone@gmail.com](mailto:crossfitlattestone@gmail.com)

### Custom Fitness Classes

**Hagåtña: 671-989-0436**

**Hybrid x Saina:** Move through a variety of exercises designed to increase strength, balance, aerobic conditioning and range of motion. Improve functional tasks. This class is designed to improve the quality of life for our aging athletes (45+).

Must reserve your class spot using the link:

<https://customfitnessguam.as.me/HYBRIDweekdayworkout>

**Strength and Conditioning:** Training that improves multiple areas of strength and fitness. The strength and conditioning class combines weight training, gymnastic elements followed by metabolic conditioning to help build and maintain lean muscle, increase strength, increase metabolism and overall fitness levels.

### STEEL Athletics Classes

**Tamuning: 929-8795**

**Boxing:** A combat sport in which two people usually wear protective equipment like boxing gloves and handwraps. This class is meant to teach individuals the proper technique when it comes to throwing punches, proper stance, and how to defend and evade punches. Perfect for beginners and intermediate levels.

**STEEL Conditioning:** Intense metabolic conditioning to improve aerobic capacity and muscular endurance. Lose weight, burn fat, endure more.

**STEEL Sweat:** For those that want to build lean muscle mass, burn body fat, and get in shape without having prior workout experience. Come train with us.

Classes are limited. Reserve your spot!

Call: 671-682-7294 or send a message on IG

### Synergy Studio Classes

**Hagåtña: 671-472-YOGA**

**AquaSynerDance:** Best described as a "dance party" in the pool. This is a low to high intensity aqua fitness class designed to improve cardiovascular fitness, endurance and muscular strength while having fun in the water without impacting the joints. *Although this is a Synergy Studios Class, you can sign up with the Hilton Wellness Center. If you sign up through Synergy Studios portal, you will be directed to call Hilton. To Sign up/RSVP call the Hilton Wellness Center at 671 646 1835 ext. 5885 or 5665. Only 25 slots per class.*

**Hipbox/SynerDance:** This 60-minute fusion of cardio-kick, cardio-dance, and strength conditioning is sure to get your heart pumping, hips swaying, and muscles flexing! This is an open level class.

**Cardio Boxing:** A mix of basic fundamental boxing with cardio, boxing style mitts and resistant training exercises (ex. bag, squat jumps, jump rope, etc.) No experience necessary and no sparring.

**MixedFit:** A people inspired fitness program that incorporates explosive dance movements and body-weight exercises that will tone, sculpt, and burn calories. All of the movements in the MixedFit workout class are "big, exaggerated and full of fun" leaving all participants dripping in sweat.

**SynerStrength:** A 60 minute well-designed strength and conditioning class involving a wide range of exercises targeting specific muscle groups with an emphasis on enhancing mobility, stability, strength, endurance, power, speed, agility and overall fitness performance.

**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.

**Yoga:** The Sanskrit word yoga means "to yoke" or "union". Yoga brings together and aligns the body, breath, mind, and spirit. The practice is both a work-out and a work-in. All Synergy yoga classes are open level.

Class sizes are limited. Reserve your slot online:

<https://www.synergystudio.com/book-our-classes>

or call 671-472-YOGA

### Unified Fitness Classes

**Tamuning: 671-969-8641**

**BUILD:** Our strength program that follows a structured weightlifting protocol with a goal to achieve balance between injury prevention, aesthetics, and performance.

**BURN:** From bodyweight to loaded movements, the goal is to develop a higher tolerance to stress/fatigue so the body does not compromise quality of movement and most importantly, quality of life.

Reserve your spot in one of the following ways:

Download the MindBody app

Call: 969-8641 | Email: [social@unifiedguam.com](mailto:social@unifiedguam.com)

Must book session 24 hours prior to class



## THE WEEKDAY WORKOUT

## Raffle Rules

Members can take as many photos of the Weekday Workout class they attend. There will be two winners announced at the end of each month. Open to Calvo's SelectCare members only. Must be 18 years old or older to qualify. Must present Calvo's SelectCare identification card. Other restrictions may apply.

For more information, please contact Customer Service: 671-477-9808, Joshua Dunn: 671-479-7932 or Email: [wellness@calvos.com](mailto:wellness@calvos.com)

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