
















THE WEEKDAY WORKOUT

Free to all Calvo's SelectCare Members!

December 2018

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--|---|
|  <p>5:30pm Aqua Tahitian Sheraton Pool</p> |  <p>5:30pm CrossFit Jumpstart Hagåtña</p> <p>5:30pm Cardio Strength Hagåtña</p> |  <p>5:30pm Tread & Shred Hagåtña</p> <p>5:30pm Aqua Tahitian Sheraton Pool</p> |  <p>5:30pm Cardio Strength Hagåtña</p> <p>5:30pm Zumba Strong Hagåtña</p> |  <p>5:30pm Tahitian Fit Hagåtña</p> <p>5:30pm Bootcamp Burner Hagåtña</p> |  <p>8:00am Aqua Zumba Onward Pool</p> |
|  <p>6:15pm Hybrid Anigua</p> | |  <p>12:00pm Steel Fit Tamuning</p> |  <p>6:30pm B-Build Tamuning</p> |  <p>5:30pm Build Tamuning</p> |  <p>7:15am Burn Tamuning</p> |
|  <p>6:30pm Kids Kickboxing Tamuning</p> | | | | | |
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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

