

# THE WEEKDAY WORKOUT

## December 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>5:30pm - Sheraton Pool</b> Aqua Zumba	 <b>5:30pm - Hagåtña</b> Hipbox <b>5:30pm - Hagåtña Pool</b> Aqua Fit <b>5:45pm - East Hagåtña</b> Yoga	 <b>5:30pm - Sheraton Pool</b> Aqua Tahitian <b>5:30pm - Hagåtña</b> Cardio Boxing	 <b>5:30pm - Hagåtña Pool</b> Aqua Fit	 <b>5am to 8pm - Hagåtña</b> Open Gym <b>5:30pm - Dededo Pool</b> Aqua Zumba	 <b>7:15am - Tamuning</b> BURN
 <b>5:30pm - Anigua</b> CrossFit KIDS <b>6:30pm - Anigua</b> Hybrid	 <b>11:00am - Tamuning</b> Open Gym <b>12:00pm - Tamuning</b> Burn	 <b>12:00pm - Tamuning</b> Steel Fit	 <b>11:00am - Tamuning</b> Open Gym <b>12:00pm - Tamuning</b> Burn	 <b>5:30pm - Anigua</b> CrossFit KIDS <b>6:30pm - Anigua</b> Hybrid	
 <b>6:30pm - Tamuning</b> Kids Kickboxing	 <b>8:15am - Tamuning</b> Steel Conditioning	 <b>5:30pm - Anigua</b> CrossFit KIDS <b>6:30pm - Anigua</b> Hybrid			

**Free to all Calvo's SelectCare Members! 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



## Description of Classes

### 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.

**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.

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

**Open Gym:** An opportunity to work out on your own or with friends utilizing equipment or open floor to work on various skills, movements, techniques as part of your overall fitness journey.

**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:** A systematic practice of physical exercise, breath control, relaxation, positive thinking and meditation aimed at developing a state of physiological and spiritual harmony in the body, mind, and environment.

### 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.

**CrossFit Kids:** A program designed to build a foundation and love of fitness for a special population - our young ones. The CFGM Kids program guides children to gain a stronger sense of physical well-being through CrossFit's 10 Components of Fitness. Class is open to children 5-10 yrs. old.

### 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.

**Steel Conditioning:** Cardio intensive, low weight, high rep workouts to build aerobic capacity and burn fat.