






THE WEEKDAY WORKOUT

December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>UNIFIED FIT 12:00pm - Tamuning General Physical Preparedness</p>	<p>UNIFIED FIT 12:00pm - Tamuning General Physical Preparedness</p>	<p>UNIFIED FIT 12:00pm - Tamuning General Physical Preparedness</p>	<p>UNIFIED FIT 12:00pm - Tamuning General Physical Preparedness</p>	<p>UNIFIED FIT 12:00pm - Tamuning General Physical Preparedness</p>	<p>UNIFIED FIT 7:15am - Tamuning General Physical Preparedness</p>
	<p>STEEL ATHLETICS 5:15pm - Tamuning Steel Fit</p>	<p>STEEL ATHLETICS 6:30pm - Tamuning Kickboxing (No Contact)</p>	<p>STEEL ATHLETICS 6:30pm - Tamuning Boxing (No Contact)</p>	<p>STEEL ATHLETICS 8:30am - Online Recovery and Core with Coach Joe via Instagram</p>	<p> 6:30pm - Anigua Hybrid</p>	<p>STEEL ATHLETICS 10:30am - Online Dumbbell Workout with Coach JJ via Instagram</p>
	<p> 6:30pm - Anigua Hybrid</p>		<p> 6:30pm - Anigua Hybrid</p>			

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.



Description of Classes

December 2020

Unified Classes

969-8641

General Physical Preparedness (GPP): focuses on helping ones capacity in squat, bend, upper body, push and pull efforts through a series of conditioning workouts. The end product is an active lifestyle with reduced fatigue and increased movement endurance.

Reserve your spot in one of the following ways:

Download the MindBody app

Call: 969-8641 | Email: social@unifiedguam.com

Must book session 24 hours prior to class

Boxing: Mixes basic fundamental boxing with cardio, boxing style mitts and resistance training exercises. No experience needed and absolutely no sparring. - For all levels - Gloves required

Kickboxing: Starting with the basics, we focus on the art of 8 limbs with technique and proper mechanics so that you're ready to advance into the more hands on classes. Good for the intro and professional alike, no sparring.

Classes are limited. Reserve your spot!

Call: 682-7294 or send a message on IG

STEEL Athletics Classes

682-7294

Steel Fit: The baseline class for all of our athletes. Incorporating the best piece of equipment on the market in the assault bike, 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 online WOD- Minimal equipment necessary. Using Bodyweight, jump rope, and light DBs, class will be 25-30 minutes, metabolic conditioning and fat burning workouts for all levels of fitness.

Custom Fitness Classes

989-0436

Hybrid: A functional fitness that focuses on motivation, teamwork, and fun to create positive physical changes for athletes of all shapes, sizes and fitness levels. Learn to bridge the gap to higher skilled barbell movements.

Must reserve your class spot using the link:

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