

# THE WEEKDAY WORKOUT

## February 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>5:30pm - Sheraton Pool</b> Aqua Zumba	 <b>5:15pm - Hagåtña</b> Kidz Cardio Circuit <b>5:30pm - Hagåtña</b> Hipbox <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</b> Kidz Yoga	 <b>5am to 8pm - Hagåtña</b> Open Gym <b>5:30pm - Hagåtña</b> Cardio HIIT <b>5:30pm - Dededo Pool</b> Aqua Zumba	 <b>7:15am - Tamuning</b> Burn
 <b>6:30am - Tamuning</b> Burn	 <b>6:30am to 9:00am</b> Tamuning Open Gym	 <b>6:30am - Tamuning</b> Burn	 <b>6:30am to 9:00am</b> Tamuning Open Gym	 <b>6:30am - Tamuning</b> Burn	
 <b>6:30pm - Tamuning</b> Kids Kickboxing	 <b>8:30am - Tamuning</b> Steel Conditioning	 <b>12:00pm - Tamuning</b> Steel Fit		 <b>6:30am - Tamuning</b> Burn	
 <b>5:30pm - Anigua</b> CrossFit KIDS <b>6:30pm - Anigua</b> Hybrid		 <b>5:30pm - Anigua</b> CrossFit KIDS <b>6:30pm - Anigua</b> Hybrid		 <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



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## Description of Classes

### Synergy Classes

**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.

**Cardio HIIT:** Cardio HIIT (High Intensity Interval Training) is a class powered by brief, quick paced forms of exercises - targets cardiovascular endurance, strength building and muscular endurance.

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

**Kidz Cardio Circuit:** An all encompassing approach to children's fitness training. The class will focus on agility, balance, coordination and strength created with simple calisthenics and familiar body-weight exercises like jumping jacks, sit ups, push-ups, jumping rope just to name a few. The wide range of activities and exercises will not only help children be physically fit, but they will be well-rounded in the different areas of fitness while having fun. (Ages 7-12 yrs.)

**Kidz Yoga:** Kidz Yoga is specially designed to teach kids to be more aware of their own body, develop their focus and relaxation. Classes are intended to be fun and may include age-appropriate games, animal sounds, and creative names for poses to get them moving. Poses increase strength, flexibility and coordination. (Ages 7-12 yrs.)

**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.

**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.