






THE WEEKDAY WORKOUT

Daily Exercise Classes for the month of:

September 2021

Gym	Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
		9:00am Strength and Conditioning 6:30pm Hybrid	9:00am Strength and Conditioning 3:30pm Gof Metgot Kids	9:00am Strength and Conditioning 6:30pm Hybrid	9:00am Strength and Conditioning 3:30pm Gof Metgot Kids	9:00am Strength and Conditioning 6:30pm Hybrid	
			5:30pm Paradise Performance Adelup	5:00am Paradise Running Paradise Tumon	5:30pm Paradise Performance Adelup	5:00am Paradise Running Paradise Tumon	
		5:15pm Steel Fit	6:30pm Kickboxing (No Contact)	6:30pm Boxing (No Contact)		6:30pm Boxing (No Contact)	
 Hagåtña Location		9:00am Yoga 10:00am SYNERHITT 5:30pm Mommy and Me Tahitian	4:00pm Kids Yoga	9:00am Yoga 10:00am SYNERHITT 4:00pm Cardio	4:00pm Teen Cardio	9:00am Yoga 10:00am SYNERHITT 5:00pm Mommy & Me Tahitian Fit	
		4:30pm General Physical Preparedness	7:00am SwimFit 12:00pm General Physical Preparedness	4:30pm General Physical Preparedness	7:00am SwimFit 12:00pm General Physical Preparedness	4:30pm General Physical Preparedness	

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

September 2021

Custom Fitness Classes

Hagåtña: 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>

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.

Gof Metgot 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.

Paradise Fitness Center Classes

Hagåtña: 475-2100 Dededo: 635-2100 Tumon: 989-2101

Paradise Performance: Join Coach Bella Jones for some outdoor group exercise classes at the Adelup front lawn.

Paradise Running: Lace-up your shoes and get psyched for fresh air and sunshine. Join Coach Rowena Castro at Paradise Premium Tumon as the starting point for an early morning run.

STEEL Athletics Classes

Tamuning: 929-8795

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.

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 require.d

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

Synergy Studio Classes

Hagåtña: 472-YOGA

Yoga: Vinayasa style yoga that connect breath to movement. The poses will seamlessly and sequentially flow as you begin slow, building heat through strengthening and lengthening, and then finishing in a position of rest to further unite body, breath, and mind. Classes are fit for all levels varying from gentle stretching to powerful flows.

Cardio: Class includes aerobic activity and strength exercises to build their stamina, endurance, and overall physical health. Kids from 8 to 17 yrs. old are welcome!

Kids Yoga: An exploratory class in which we learn about and practice breathing strategies, yoga postures, yoga flows, strength, balance activities, and meditation. Each class session will be unique, so be sure to attend several sessions. For the ages 5-10 yrs. old

Mommy & Me Tahitian Fit: Discover the beautiful art of Authentic Tahitian Dance that is tailored for moms and children. Learn all about the sensual moves of Polynesian dances while getting a great cardio workout. Kids from 8 to 17 yrs. old are welcome!

SYNERHITT: A dynamic High-Intensity Interval Training. A cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods, allowing for the heart rate to increase the body to burn, and muscles to be trained.

Teen Cardio: A basic CrossFit course that is geared towards guiding members through techniques and skills of strength and cardio training.

Unified Fit Classes

Tamuning: 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.

SwimFit: Unified will be offering a swimming program to help non-swimmers become comfortable in the water, take decent swimmers and improve their technique, and for the avid swimmer - a swim program to improve their skill capacity. Meet at Matapang Beach.

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

For more information, please contact Customer Service. Phone: 671-477-9808 Email: wellness@calvos.com