



The SAIPAN WEEKDAY WORKOUT

**FREE to all
Calvo's SelectCare
Members!**



February 2019

SelectCare Wellness Program Schedule

Instructor: Charry de Guzman

Tuesday

**Hot Hula
Fitness**
Feb. 5, 12, 19, 26
6:30 - 7:30pm
Glushko Academy
Mt. Carmel School

Thursday

Zumba B1/B2
Feb. 7, 14, 21, 28
6:30 - 7:30pm
Glushko Academy
Mt. Carmel School

Saturday

**Zumba
Toning**
Feb. 2, 16
6:30 - 7:30pm
Glushko Academy
Mt. Carmel School

**Classes are on a first come,
first served basis. RSVP today!**

Lou Muna-Camacho (670) 234-5922
Sandy Tse (670) 234-5690

- Children must be accompanied by an adult at all times
- Proper gym attire required

**Must present Calvo's SelectCare
identification card at reception area.**

CALVO'S
**Select
Care**
HEALTH PLANS