

Saturday, Nov 23<sup>rd</sup>

# Typhoon Haiyan Relief Day

A day of special events with our all star instructors to raise money for storm relief efforts.

7:30-9a Zumba w/ Cedriek Studio 1	8-9a Mat Pilates w/ Janna Yoga Studio	9:30-10:30a Boot Camp & Functional Training w/ Joel Synrgy Rack	10:30-11:30a Agility & Plyometrics w/ Rhonee Racquetball Courts	12-1p Cycling/Kinetic Flow w/Troy Studio 2	12-1p Synrgy360 Group Training w/Glynis Synrgy Rack	1-2p Kettlebells & High Intensity Intervalsw/ It Synrgy Rack
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Admission to the full day of events is a suggested minimum \$25 donation by check made out to

**Habitat for Humanity.**

Guests and non-members welcome. No guest fee with your donation.



**HONOLULU**  
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