



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY HALLOWEEN

**Costume  
Optional**

## Halloween Cycle Class!

Build cardio endurance and muscular strength in this interval– style cycling class with a spooky Halloween music mix. This is a high intensity, low impact workout. Appropriate for beginners and older adults.

**Date:** Monday, October 29th  
Thursday, November 1st  
**Time:** 5:00 – 6:00 pm



United Way  
of Harrison County, Inc.