



# Fitness & Group Fitness Halloween Special Event

## Halloween Pre-party



Join us Halloween Eve Friday October 30<sup>th</sup> from 7-9pm  
for a grueling night of fun and fitness at the  
Argos Fitness Center (located above Fresh Foods Café).

Grueling Fitness Relay 7pm:

Challenge your friends running through our grueling obstacle  
course picking up your treat at the end!



Glow Spin 8pm:

Enjoy a glowing twist on this class while spinning to your  
favorite Halloween tunes...all in the dark!



\*Bikes will be available on a first come first serve basis\*

Costumes are welcome and tricks and treats will be provided

**HAPPY  
HALLOWEEN**

