

Calling all Ghouls & Goblins!

Come join us for a frighteningly f-u-n Halloween themed Pound class on Saturday, October 29th at 9am!

Halloween costumes/dressing up is highly encouraged!

After class, stay for the boos.....cidermosas!

New to Pound? Don't get spooked! Melissa will show you modifications!

You'll have such a good time, it's scary!

HALLOWEEN POUND+POUR

