



Diabetes Prevention Services



HALLOWHEEL RIDE SPIN CLASS

12:00 PM & 5:30 PM
THURSDAY, OCTOBER 29, 2026

DIABETES PREVENTION SERVICES GYM
SPIN ROOM AT SKE:G HIMDAG KI



Hop on your bike and join me for a spooktacular **HALLOWHEEL RIDE!** We'll pedal through eerie climbs, ghostly sprints, haunting beats, and thrilling downhill to a playlist full of Halloween favorites and wickedly fun tunes. Come dressed in your Halloween spirit if you dare! Whether you're a witch, ghou, goblin, or just here for the sweat, this ride will leave you feeling

BOO-tifully strong!

