

# POUND GLOW

Start your week off right by putting on your neon clothes and joining us for a fun workout! Pound begins at 7:00, but join us at 6:30 to glow with neon body paint and glow sticks- provided by Sedalia Parks and Rec.

SUNDAY,  
OCTOBER  
14TH

# GLOW PARTY

TICKETS \$10 | 7:00-8:00pm | Age 15+ | Register By Oct 10th

GET YOUR GLOW ON

1500 W 3rd St.

[www.sedaliaparks.com](http://www.sedaliaparks.com)

660-826-4930