



The Dalton CRA is now an official Spinning® Facility!



Members and Non-Members Welcome

\$5 per class for Members

\$8 per class for non-members

Spinning® Membership options available

Great for Any Fitness Level

There are no complicated moves to learn in this popular cardio exercise. Regardless of your fitness level (beginner to advanced), flexibility or coordination, you can participate in a Spinning® class. Riders can go at their own pace and control the resistance on the Spinner® bike. *On average, you can burn 400-600 calories in a Spinning® class.*

Many Classes Every Week

We offer classes Monday through Saturday from early morning through early evening. Water bottles and towels are required. Bike reservations are recommended by calling the CRA at 684-0260. Reservations accepted beginning 12:00 pm the day prior to the class you would like to attend. *Voicemail reservations will not be accepted.*

Find our complete schedule at www.daltoncra.org.

All Classes Led by Certified Trainers

Top-notch, specially trained and certified instructors make your Spinning® class both fun and effective.



400 Main Street • Dalton

684-0260

www.daltoncra.org

Join us for a class!