



NEW Class schedule effective February 2020

Day	Time
Monday	6:00 PM *NEW
Tuesday	No Class
Wednesday	5:30 PM Spin/Yoga
Thursday	5:15AM
Friday	No Class
Saturday	8:00 AM

***Classes to be held at the Community House in the bowling alley.**

Water bottles and towels encouraged. Bike reservations recommended. Please call the CRA at 684-0260 to reserve your bike!



400 Main St. Dalton, MA 01226 (413)684-0260 www.daltoncra.org