



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 |
| Thursday | 6:00 PM *NEW |
| 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