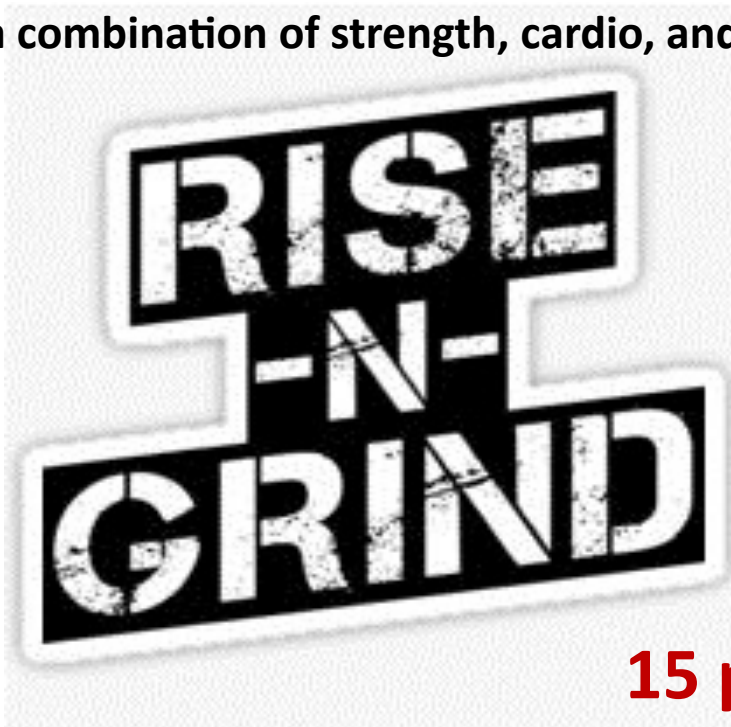


21

Grind into Summer

Join Mike Whitehouse for the new session. Each class will be a combination of strength, cardio, and everything in between.



Mon, Wed & Fri
5:15 am - 6:15 am
May 24th - July 19th
No class 5/31,7/5,7/7,7/9
\$100 Members
\$125 Non members

15 person limit!

Sign up at the front desk by the first session to take advantage of the discounted rate!

Call the Dalton CRA at 684-0260 for more information.

It takes 21 days to form a habit. Why not start today?



Community Recreation Association, Inc.
400 Main Street
Dalton, MA 01226

