



21

Autumn Grind

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
Sept. 29th—Nov. 15th**

**\$100 Members
\$125 Non members
\$10 Walk ins**

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

