

Dance Party Fitness



Join Carolan Bonnet for a fun, mood-boosting dance fitness class that combines Pop, Latin, International, Show tunes and throw-back music with dance moves!

Open to all fitness levels! No dance experience necessary!

Tuesday & Thursdays
5:30 pm - 6:30 pm
Starting in January!

Free to members!
\$8 drop in fee for
non-members!

Class will be held in the
CRA bowling alley



Community Recreation Association, Inc.
400 Main Street
Dalton, MA 01226
413-684-0260