



# Grind Towards Spring!

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**  
**March 6th thru**  
**April 21st**

**\$100 Members**  
**\$125 Non mem-**  
**bers**

Call the Dalton CRA at 684-0260 for more information or sign up at front desk.

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



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

