



# Grind towards Summer!

Join Mike Whitehouse—Each class will be a combination of strength, cardio, and everything in between!



Monday, Wednesday, & Friday

5:15 am - 6:15 am

May 1 - June 19

(No class May 29th)

\$100 Members

\$125 Non members

\$10 Walk ins

**It takes 21 days to form a habit.**

**Why not start today?**

Register today at the CRA! For more information contact (413) 684-0260.



Community Recreation Association

400 Main St., Dalton, MA 01226

[daltoncra.org](http://daltoncra.org)

