



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
September 6th - October 23rd

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

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

Register Online or In-person TODAY!

Questions? Contact Mark Santella msantella@daltoncra.org (413)684-0260 x106



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