



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**

**March 4th - April 19th**

**\$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](mailto:msantella@daltoncra.org) (413)684-0260 x106



400 Main St. · Dalton, MA 01226 · (413) 684-0260 · [daltoncra.org](http://daltoncra.org)

