



**Effective April 2024**

# FITNESS PACKET

## Rate Sheet Schedules

- Berkshire Fit Classes
- Pool: Classes and Lessons
- Gymnasium

## Spring/Summer Hours

Monday – Friday ..... 5:00 am – 8:00 pm  
 Saturday ..... 7:00 am – 3:00 pm  
 Sunday ..... 9:00 am – 1:00 pm

## Recreation Team

Alison Peters	<i>Executive Director</i>	<a href="mailto:apeters@daltoncra.org">apeters@daltoncra.org</a>
Dustin Belcher	<i>Director of Operations</i>	<a href="mailto:dbelcher@daltoncra.org">dbelcher@daltoncra.org</a>
Kyle Lyman	<i>Program Manager</i>	<a href="mailto:klyman@daltoncra.org">klyman@daltoncra.org</a>
Jon Yetto	<i>Program Manager</i>	<a href="mailto:jyetto@daltoncra.org">jyetto@daltoncra.org</a>
Tom O'Connor	<i>Program Coordinator</i>	<a href="mailto:toconnor@daltoncra.org">toconnor@daltoncra.org</a>
Missy Klinedinst	<i>Office Manager</i>	<a href="mailto:mklinedinst@daltoncra.org">mklinedinst@daltoncra.org</a>
Matthew Fisher	<i>Program Administrator</i>	<a href="mailto:mfisher@daltoncra.org">mfisher@daltoncra.org</a>
Mark Santella	<i>Fitness Center Manager</i>	<a href="mailto:msantella@daltoncra.org">msantella@daltoncra.org</a>
Theresa Ott	<i>Aquatics Director</i>	<a href="mailto:aquatics@daltoncra.org">aquatics@daltoncra.org</a>



W. Murray Crane Community House  
 400 Main Street • Dalton, MA 01226 • 413-684-0260  
[daltoncra.org](http://daltoncra.org)



# FITNESS RATES

Effective April 1, 2024\*

## Membership Ages

<b>Youth</b>	0-18	<b>Senior</b>	60+
<b>Adult</b>	19-59	<b>Special</b>	EMT, Military, Police, Fire, and College Student (full time)

## 1-year General Membership

INCLUDES: General Use of the Facility (Open Gym Times at CRA/DYC, Locker Rooms, and Sauna)

<b>Youth/Special</b>	\$50	<b>Adult</b>	\$90	<b>Senior</b>	\$70
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## Berkshire Fit Membership

INCLUDES: General Use of the Facility, Fitness Center, Pickleball, and Regular Classes

	1 month	3-month	6 Month	Year
<b>Youth (13-18) / Special</b>	\$20.00	\$55.00	\$105.00	\$200.00
<b>Adult</b>	\$41.00	\$90.00	\$170.00	\$300.00
<b>Senior</b>	\$37.00	\$80.00	\$150.00	\$270.00

\*\* EFT — \$29/month with a year commitment\*\*

## Full Membership

INCLUDES: General Use of the Facility, Fitness Center, Pool, Pickleball, Personal Training Plan, and Regular Classes

	1 month	3-month	6 Month	Year
<b>Youth (13-18)/Special</b>	\$20.00	\$55.00	\$105.00	\$200.00
<b>Adult</b>	\$46.00	\$110.00	\$195.00	\$335.00
<b>Senior</b>	\$41.00	\$95.00	\$170.00	\$310.00

\*\* EFT — \$32/month with a year commitment\*\*

## 1 Year Pickleball Membership ONLY

<b>Adult</b>	\$115.00
<b>Senior</b>	\$105.00

## Personal Training/Health Coaching

MEASURE/ANALYZE/IMPROVE/CONTROL \$300 Package

A comprehensive 8 appointment service that provides the following components:

- Initial and ongoing consultations and appointments (8 in total).
- An individually designed program created to achieve your goals.
- Supervision and tracking of your progress.
- Initial and final measurements of your desired objectives.



## Use of Facility Costs

<b>1 Day Pass</b>	\$10
<b>Family Swim</b>	Free for members, \$8 for Non-members, maximum charge of \$20 per family
<b>Punch Card</b>	\$130 to use the facility for 20 visits

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\* Prices subject to change