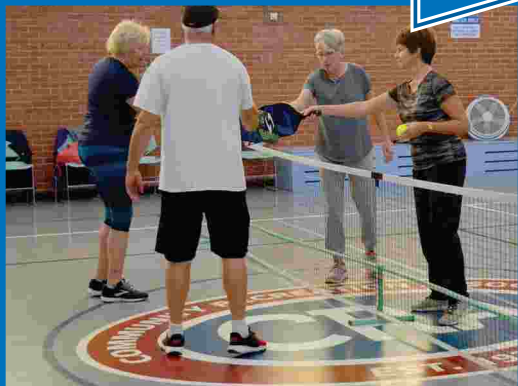


Effective September 2024

FITNESS PACKET



Rate Sheet Schedules

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

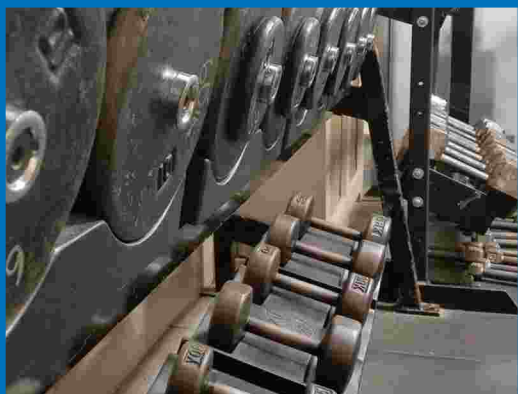
Spring/Summer Hours

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>	apeters@daltoncra.org
Dustin Belcher	<i>Director of Operations</i>	dbelcher@daltoncra.org
Kyle Lyman	<i>Program Manager</i>	klyman@daltoncra.org
Collin Parrott	<i>Program Coordinator</i>	cparrott@daltoncra.org
Missy Klinedinst	<i>Office Manager</i>	mklinedinst@daltoncra.org
Matthew Fisher	<i>Program Administrator</i>	mfisher@daltoncra.org
Mark Santella	<i>Fitness Center Manager</i>	msantella@daltoncra.org
Theresa Ott	<i>Aquatics Director</i>	aquatics@daltoncra.org



W. Murray Crane Community House
 400 Main Street • Dalton, MA 01226 • 413-684-0260
daltoncra.org



FITNESS RATES

Effective September 2024*

Membership Ages

Youth	0-18	Senior	60+
Adult	19-59	Special	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)

Youth/Special	\$50	Adult	\$90	Senior	\$70
----------------------	------	--------------	------	---------------	------

Berkshire Fit Membership

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

	1 month	3-month	6 Month	Year
Youth (13-18) / Special	\$20.00	\$55.00	\$105.00	\$200.00
Adult	\$41.00	\$90.00	\$170.00	\$300.00
Senior	\$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
Youth (13-18)/Special	\$20.00	\$55.00	\$105.00	\$200.00
Adult	\$46.00	\$110.00	\$195.00	\$335.00
Senior	\$41.00	\$95.00	\$170.00	\$310.00

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

1 Year Pickleball Membership ONLY

Adult	\$115.00
Senior	\$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

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

400 Main Street • Dalton, MA 01226
413-684-0260 • daltoncra.org



* Prices subject to change