



**CALL US:**  
(413) 684-0260 ext 104

# GRIND 21

IT TAKES 21 DAYS TO START A HABIT



## Instructor Mike Whitehouse

Join Mike each class for a combination of strength, cardio, and everything in between!



## Where?

CRA Gym  
400 Main St.,  
Dalton, MA 01226



## When?

Monday, Wednesday, and Friday  
**5:15 am - 6:15 am**  
**JAN. 6 - FEB 24TH**

*\*No Class JAN. 20 & FEB. 17*

**ONLY**  
**\$125** / per non-member

**Start Today!**  
DALTONCRA.ORG

Member and drop in rates are available.