

**Morning
or
Evening**

Boot Camp

**Now in our 9th
year!**



Dates: January 12—April 23 (30 Classes)

Mondays & Thursdays

5:30 am—6:30am

OR

5:30 pm—6:30pm

(No classes on holidays)

SIGN-UP by January 3rd

Cost:

- \$180.00 member (\$6 per class)
- \$210.00 non-member (\$7 per class)

(Must have 3, 6, or 12 month membership to receive member rate)

Can purchase with EFT

- Members pay \$30.00 deposit and 3 EFT payments of \$50.00
- Non-members pay \$30.00 deposit and 3 EFT payments of \$60.00

No refunds given! Limited to 30 people!



Boot Camp is an indoor/outdoor fitness program to help you:

1. Gain Strength
2. Lose Inches
3. Jump Start Your Metabolism
4. Build Your Confidence In a Supportive Team Environment
5. Work on Core and Posture Training, Cardiovascular Drills, Weight Training, Plyometrics, Functional Training and Agility.

We go outdoors when the weather permits. Please dress according to the weather and have a good supportive sneaker

No one will be left behind or asked to complete more than they can do safely. Women and men of all ages and abilities are encouraged to participate. Each day of training will increase in intensity and duration.

**Dalton CRA
400 Main Street, Dalton, MA 01226
413-684-0260**

