13th YEAR!

Instructors:
Rob Giuliani and Mike Whitehouse

CRA Fitness Boot Camp

Monday, Thursday and Friday Mornings
October 29th – February 5th

MONDAY & THURSDAY CLASSES

5:30 am to 6:30 am

One (1) hour: emphasis on strength and overall conditioning, with activities designed to build core strength, and muscular and cardio endurance

FRIDAY CLASSES

5:45 am to 6:15 am

30 minutes of cardio

★ NEW ★ Boot Camp equipment and challenges!

Members $175

Non-members $220

- Walk in participants allowed.
  Cost: $7.00 members, $8.00 non-members
- EFT payments available

The Fitness Boot Camp at the CRA is the longest running fitness boot camp in the Berkshires! Since its first session, hundreds of folks from around the area enlisted and participated.

Men and Women are welcome to join. Participants of all ages (16 and up) and capabilities are encouraged to join. Our instructors will modify the exercises to fit your needs.

Your capabilities determine the expectations, but the instructors challenge you to do your best, each and every time. Participation in the CRA Fitness Boot Camp will present its challenges, and is a serious commitment to developing a fitter, healthier you!

CRA

400 Main Street • Dalton
684-0260 • www.daltoncra.org

Sign up now!
We'll help you get through your winter workout doldrums!

BEST FITNESS BARGAIN IN THE BERKSHIRES! 35 Hours of Fitness Fun!