

# METABOLIC MELTDOWN

**Fridays**

**5:30 - 6:30 pm**

**January 5 - February 23**



# TABATA

**\$55 Members**

**\$65 Non Members**

Join **Luis Hoose** for Metabolic Meltdown!  
This 8 week tabata (20 seconds of work followed by 10 seconds of rest) style class combines strength and cardio in an interval paced challenge. Improve strength, stamina, and burn calories while building lean muscle.

***All Levels***



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