

New Year, New You!

Enter your name into the raffle at front desk for each one hour workout you complete between Jan. 2-31. Workouts can be broken up into segments as small as 10 minutes as long as you complete 60 minutes that day! You can earn up to 30 chances to win.

Raffle Prizes:

1st Prize - 3 Personal Training sessions with Bryan Rudd

2nd Prize - 1 month Pool, Fitness Center & Regular Class Membership

3rd prize - 5 Spin classes

January 2nd - January 31st
Drawing to be held February 1, 2018



Example workouts:

- Take any of our classes!
- 30 minutes of cardio+30 minutes of strength machines or free weights
- Take a walk outside or mall walk
- Cardio (treadmill, bike, elliptical, or rower)
- Strength Training
- Hiking
- Skiing
- Racquetball
- Swimming



Community Recreation Association, Inc.
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Must be 14 or older to enter