



Join Rob LeVardi for this challenging one hour, total body training class. There will be cardio, core, and strength work using your own body weight and dumbbells. Modifications can be made for all movements to increase or decrease intensity. ***All Levels***

**Mondays**

**5:45 pm - 6:45 pm**

**January 22nd - March 19th**

**\$55 members**

**\$65 members**



Sign up at the front desk by Monday, January 22nd. Call Jennifer McNulty at 684-0260 for more information.



Community Recreation Association, Inc.  
400 Main Street  
Dalton, MA 01226  
413-684-0260

