

Seat2Street Workshop

Tuesdays &
Thursdays

4:30 pm

May 9th -
June 15th



\$80

Members

\$100

Non-members

New to running?



A 6-week course to running to prevent injury and to make exercise fun.

Meet with Jenn Brandi two times per week for structured progressive runs that will get you up out of your seat and out on the street, but won't leave you feeling exhausted.

Each class will be approximately 45 minutes, consisting of a warm up, a 20-30 minute mix of walking, jogging, running, and a cool down.

This course will get you on track to a healthier, more active lifestyle!



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