

# Spin & Yoga Stretch

Join Bryan in this 8 week Spin & Yoga Stretch class. You will begin in the Spin room with a 30 minute class perfect for **all levels** followed by a 30 minute Yoga Stretch class in the bowling alley. The Yoga Stretch class is designed to help balance out your body, lengthen your muscles, and leave you feeling relaxed.

You will have a 10 minute transition time between classes to allow you time to clean up your bike and head down stairs to stretch.



**Saturdays**

**November 4 - December 23**

**9:30 am — 10:40 am**

**\$50 Members (Including Spin Members)**

**\$60 Non Members**



Any questions, please contact Jennifer McNulty  
at 684-0260 or [jmcnulty@daltoncra.org](mailto:jmcnulty@daltoncra.org)



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**Space is limited  
Sign up today!**