



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***

Fridays

5:00 pm - 6:00 pm

February 1st - March 22nd

\$55 members

\$65 non-members

\$10 drop-ins



Sign up at the front desk by Friday, February 1st. For more information contact Rob LeVardi at (413) 344-7100, or by email at roblevardi49@gmail.com



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