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TOWN OF CORTLANDT DEPARTMENT OF RECREATION AND CONSERVATION

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THE TOWN OF CORTLANDT RECREATION DEPARTMENT HAS OPENINGS FOR FOLLOWING ADULT & YOUTH PROGRAMS IN THE WINTER / SPRING

January 13, 2015

Zumba Classes – Classes on Mondays, Tuesdays, and Thursdays (Zumba Gold).... One morning class and two evening class. Classes start week of January 26, 2015 (10 sessions)

Yoga Classes – Classes on Mondays, Tuesdays, and Wednesdays..... One evening class and 3 morning classes (10 sessions) starting week of February 2, 2015

Body Conditioning – (NEW CLASS) – Classes on Mondays and Tuesday One Morning class, one evening class starting week of January 26, 2015.

Pre-School Programs – We have classes on Thursday and Friday mornings starting week of January 29, 2015.

For information on these programs and all our other activities, please go to www.townofcortlandt.com and click on Winter 2015 Winter / Spring Brochure.

FOR FURTHER INFORMATION CALL THE RECREATION OFFICE AT 734-1050