

Town of Cortlandt  
Recreation Division  
1 Heady Street  
Cortlandt Manor, NY 10567-1241  
914-734-1050  
Fax 914-734-1059



## THE TOWN OF CORTLANDT RECREATION DEPARTMENT HAS OPENINGS FOR THE FOLLOWING ADULT PROGRAMS IN THE WINTER

*January 9, 2018*

**Pilates** – ( **NEW** ) – Classes on Tuesday mornings (8:45am – 9:45am) . Classes Start January 23<sup>rd</sup> (10 sessions)

**Zumba Classes ( NEW )** – Classes on Monday Evenings ( 5:00pm – 6:00pm ) and Wednesday Mornings (9:45am – 10:45am). Classes start Week of January 22<sup>nd</sup>. (10 sessions)

**Exertone for Women** - Classes are Mondays & Wednesdays 6:30pm – 7:30pm starting Monday January 29<sup>th</sup> . (8 sessions)

**Guitar Lessons** – Classes are on Saturdays 2:00pm – 4:00pm starting February 3<sup>rd</sup> . (5 sessions)

**Badminton** – Free play is on Tuesdays from 6:30pm – 8:00pm starting January 23<sup>rd</sup>. (8 sessions)

**Cardio Rock** – Classes are Saturdays from 10:00am – 11:00am starting February 3<sup>rd</sup> (8 sessions)

For information on these programs and all our other activities, please go to [www.townofcortlandt.com](http://www.townofcortlandt.com) and click on Winter 2018 Brochure.

FOR FURTHER INFORMATION CALL THE RECREATION OFFICE AT 914-734-1050