



We build strong kids, strong families, strong communities.

CORTLAND COUNTY FAMILY YMCA

100% Pure

Yoga

**Friday nights from 6:00-7:15 PM
with Angela Perry-Sivananda Yoga**

**Wednesday nights 6:15-7:30PM
Saturday mornings 10:15-11:30AM
With Brenda D'Angelo-Kripalu Yoga**



**Members: FREE!
Non-Members \$8 !**

(Non-member fee includes the use of the facility for that class day)

**CORTLAND COUNTY FAMILY YMCA
22 Tompkins Street
Cortland, New York 13045
607-756-2893**

