

FITNESS PROGRAMS

Exercise classes are held upstairs at the Old Tappan Firehouse on Old Tappan Road.

For more information and updates, please visit www.oldtappan.net

Day	Class	Time	Cost
Monday	Zumba	11:00am	\$3
	La Blast (starting Sept. 11)	1:00pm	\$5
Tuesday	Tai Chi	10:00pm	\$5
	Seniorcize	1:30pm	\$3
Wednesday	Line Dancing (Resuming Sept. 11)	11:00am	\$5
	Chair Yoga	1:30pm	\$5
Saturday	Zumba	9:15am	\$5

