



Mayors Wellness Campaign

Fitness Programs

**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	1:00pm	\$5
Tuesday	Tai Chi	10:00am	\$5
	Seniorcize	1:30pm	\$3
Wednesday	Line Dancing	11:00am	\$5
	Chair Yoga	1:30pm	\$5
Saturday	Zumba	9:15am	\$5

