



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

