



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](http://www.oldtappan.net)**

<b>Day</b>	<b>class</b>	<b>time</b>	<b>cost</b>
<b>Monday</b>	<b>Zumba</b>	<b>11:00am</b>	<b>\$3</b>
	<b>La Blast</b>	<b>1:00pm</b>	<b>\$5</b>
<b>Tuesday</b>	<b>Tai Chi</b>	<b>10:00am</b>	<b>\$5</b>
	<b>Seniorcize</b>	<b>1:30pm</b>	<b>\$3</b>
<b>Wednesday</b>	<b>Line Dancing – only 1st &amp; 3rd Wed.</b>	<b>11:00am</b>	<b>\$5</b>
	<b>Chair Yoga</b>	<b>1:30pm</b>	<b>\$5</b>
<b>Saturday</b>	<b>Zumba</b>	<b>9:15am</b>	<b>\$5</b>

