



MAYORS WELLNESS CAMPAIGN

Wellness Events

EVENT	DAY	TIME
Mental Health Book Club	2 nd Tuesday of Month (February date 2/25)	7:00pm
Wellness Speakers	3 rd Thursday of Month	7:00pm

Held at the Old Tappan Library on Russell Avenue

Please visit www.oldtappan.net for more up-to-date information

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 - until end of Jan, back at end of May	10:00am	\$5
	Seniorcize	1:30pm	\$3
Wednesday	Line Dancing - only 1st & 3rd Wed.	11:00am	\$5
	Chair Yoga	1:30pm	\$5
Saturday	Zumba	9:15am	\$5
	Tai Chi - starting March 1 until end of May	11:00am	\$5