



MAYORS WELLNESS CAMPAIGN

Fitness Programs

All fitness classes are held upstairs at the Old Tappan Firehouse
on Old Tappan Road

DAY	CLASS	TIME	COST
Monday	Zumba	11:00am	\$3
	La Blast	1:30pm	\$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
	Tai Chi	11:00am	\$5
Sunday	Chair Yoga	10:30am	\$5

Make sure to visit WWW.OLDTAPPAN.NET for updates and more information.

Wellness Events

EVENT	DAY	TIME
Mental Health Book Club	2 nd Tuesday of Month (none July & Aug.)	7:00pm
Wellness Speakers	TBA	

Held at the **Old Tappan Library** on Russell Avenue

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