



# 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](http://WWW.OLDTAPPAN.NET) for updates and more information.

## *Wellness Events*

EVENT	DAY	TIME
Mental Health Book Club	2 <sup>nd</sup> 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](http://www.oldtappan.net) for more up-to-date information