



Weybourne Landing
by On Top of the World

November 2025

WELLNESS OFFERINGS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 8:30am WCAA Mat Yoga <i>Bring Mat</i> 9:30am *Water Aerobics	4 10am Walking class is Cancelled today	5 8:30am WCAA Sit and Get Fit 2 <i>Loop Band Provided</i> 9:30am *Water Aerobics 11am *Line Dancing	6 10am *Walking Class	7 No WCAA Class 9:30am *Water Aerobics	8
9	10 8:30am WCAA Standing Yoga <i>Bring Mat</i> 9:30am *Water Aerobics	11 10am *Walking Class	12  8:30am Total Body Exercise **LIVE INSTRUCTOR** <i>Loop Band provided</i> 9:30am *Water Aerobics 11am *Line Dancing	13 10am *Walking Class	14 8:30am Stretch Flex Balance <i>Bring Mat</i> 9:30am *Water Aerobics	15
16	17 8:30am WCAA Chair Yoga <i>Set-up Chair</i> 9:30am *Water Aerobics	18 10am *Walking Class	19 8:30am WCAA Interval Training 2 <i>Bring one dumbbell</i> 9:30am *Water Aerobics 11am *Line Dancing	20 10am *Walking Class	21 8:30am Stretch Fit 3 <i>Bring Mat</i> <i>Half of the class</i> <i>is on the mat</i> 9:30am *Water Aerobics	22
23/30	24 8:30am WCAA Mat Yoga <i>Bring Mat</i> 9:30am *Water Aerobics	25 10am *Walking Class	26 8:30am WCAA Interval Training 1 <i>Bring two dumbbells</i> 9:30am *Water Aerobics 11am *Line Dancing	27 10am *Walking Class	28 No WCAA Class 9:30am *Water Aerobics	29 * Resident Led