



Weybourne Landing
by On Top of the World

December 2025

WELLNESS OFFERINGS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:30am WCAA Chair Yoga <i>Set-up Chair</i> 9:30am *Water Aerobics	2 10am *Walking class	3 8:30am WCAA Strong & Steady 2 9:30am *Water Aerobics 11am *Line Dancing	4 10am *Walking Class	5 8:30am WCAA Stretch Fit 2 <i>Bring Mat</i> <i>Most of the class is on the mat</i>	6
7	8 8:30am WCAA Mat Yoga <i>Bring Mat</i> 9:30am *Water Aerobics	9 10am *Walking class	10 8:30am WCAA Sit and Get Fit 2 <i>Loop Band Provided</i> 9:30am *Water Aerobics 11am *Line Dancing	11 10am *Walking Class	12 8:30am WCAA Stretch Fit 3 <i>Bring Mat</i> <i>Half of the class is on the mat</i> 9:30am *Water Aerobics	13
14	15 8:30am WCAA Standing Yoga <i>Bring Mat</i> 9:30am *Water Aerobics	16 10am *Walking Class	17 8:30am WCAA Interval Training 1 <i>Bring two dumbbells</i> 9:30am *Water Aerobics 11am *Line Dancing	18 10am *Walking Class	19 8:30am WCAA Stretch Flex Balance <i>Bring Mat</i> 9:30am *Water Aerobics	20
21	22 8:30am WCAA Chair Yoga <i>Set-up Chair</i> 9:30am *Water Aerobics	23 10am *Walking Class	24 8:30am WCAA Interval Training 2 <i>Bring one dumbbell</i> 9:30am *Water Aerobics 11am *Line Dancing	25 NO CLASSES	26 8:30am WCAA Stretch Fit 3 <i>Bring Mat</i> <i>Half of the class is on the mat</i> 9:30am *Water Aerobics	27
28	29 8:30am WCAA Mat Yoga <i>Bring Mat</i> 9:30am *Water Aerobics	30 10am *Walking Class	31 8:30am WCAA Interval Training 1 <i>Bring two dumbbells</i> 9:30am *Water Aerobics 11am *Line Dancing			*Resident Led