



**Weybourne Landing**

by On Top of the World

# January 2026

**WELLNESS OFFERINGS**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 New Years Day	2 9:00am WCAA Strong and Steady 2  9:30am *Water Aerobics	3
4	5 9:00am Chair Pilates  9:30am *Water Aerobics  10:00am Chair Yoga	6 10am *Walking class	7 9:00am WCAA Sit and Get Fit 2 Loop Band Provided  9:30am *Water Aerobics  10:30am *Line Dancing	8 10am *Walking Class	9 9:00am WCAA Stretch Fit 3 Bring Mat Half of the class is on the mat  9:30am *Water Aerobics	10
11	12 9:00am Chair Pilates  9:30am *Water Aerobics  10:00am Chair Yoga	13 10am *Walking Class	14 9:00am WCAA Interval Training 1 Bring two dumbbells  9:30am *Water Aerobics  10:30am *Line Dancing	15 10am *Walking Class	16 9:00am WCAA Stretch Flex Balance Bring Mat  9:30am *Water Aerobics	17
18	19 9:00am Chair Pilates  9:30am *Water Aerobics  10:00am Chair Yoga	20 10am *Walking Class	21 9:00am WCAA Interval Training 2 Bring one dumbbell  9:30am *Water Aerobics  10:30am *Line Dancing	22 10am *Walking Class	23 9:00am WCAA Stretch Fit 3 Bring Mat Half of the class is on the mat  9:30am *Water Aerobics	24
25	26 9:00am Chair Pilates  9:30am *Water Aerobics  10:00am Chair Yoga	27 10am *Walking Class	28 9:00am WCAA Interval Training 1 Bring two dumbbells  9:30am *Water Aerobics  10:30am *Line Dancing	29 10am *Walking Class	30 9:00am WCAA Strong and Steady 4  9:30am *Water Aerobics	31  *Resident Led