



Weybourne Landing

by On Top of the World

February 2026

WELLNESS OFFERINGS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9am Live-stream Chair Pilates At The Lodge 10am Live-stream Chair Yoga At The Lodge 9:30am *Water Aerobics	3 10am *Walking class	4 9am LIVE Chair Yoga Class 9:30am *Water Aerobics 11am *Line Dancing	5 10am *Walking Class	6 9am WCAA Virtual Class 9:30am *Water Aerobics	7
8	9 9am Live-stream Chair Pilates At The Lodge 10am Live-stream Chair Yoga At The Lodge 9:30am *Water Aerobics	10 10am *Walking class	11 9am LIVE Chair Yoga Class 9:30am *Water Aerobics 11am *Line Dancing	12 10am *Walking Class	13 9am WCAA Virtual Class 9:30am *Water Aerobics	14
15	16 9am Live-stream Chair Pilates At The Lodge 10am Live-stream Chair Yoga At The Lodge 9:30am *Water Aerobics	17 10am *Walking Class	18 9am LIVE Chair Yoga Class 9:30am *Water Aerobics 11am *Line Dancing	19 10am *Walking Class	20 9am WCAA Virtual Class 9:30am *Water Aerobics	21
22	23 9am Live-stream Chair Pilates At The Lodge 10am Live-stream Chair Yoga At The Lodge 9:30am *Water Aerobics	24 10am *Walking Class	25 9am LIVE Chair Yoga Class 9:30am *Water Aerobics 11am *Line Dancing	26 10am *Walking Class	27 9am WCAA Virtual Class 9:30am *Water Aerobics	28
						*Resident Led