

# WELLNESS PROGRAMS

## THE LANDING

  
**World Class**  
*Active* **Aging**  
ON TOP OF THE WORLD

### MONDAY

9 AM - Chair Pilates (Live-Stream)

9:30 AM - Water Aerobics\*

10 AM - Chair Yoga (Live-Stream)

### TUESDAY

10 AM - Walking Class\*

### WEDNESDAY

9 AM - Chair Yoga (Live Instructor)

9:30 AM - Water Aerobics\*

11 AM - Line Dancing\*

### THURSDAY

10 AM - Walking Class\*

### FRIDAY

9 AM - WCAA Virtual Class

9:30 AM - Water Aerobics\*

\*Resident Led



**Weybourne Landing**  
by On Top of the World