

WELLNESS PROGRAMS

THE LANDING



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