

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

9:30 AM - Water Aerobics

10 AM - Strength Class (Live Instructor -

bring your Loop Bands)



Weybourne Landing
by On Top of the World

