

WELLNESS PROGRAMS

THE LANDING



ON TOP OF THE WORLD



MONDAY

9 AM - Chair Fitness Class (Virtual)

9:30 AM - Water Aerobics

TUESDAY

10 AM - Walk Fit Class (Virtual)

WEDNESDAY

9 AM - Chair Yoga (Live Instructor)

9:30 AM - Water Aerobics

11 AM - Line Dancing

THURSDAY

10 AM - Walk Fit Class (Virtual)

FRIDAY

9:30 AM - Water Aerobics

10 AM - Total Body Strength

(Live Instructor - Bring Bands)



Weybourne Landing
by On Top of the World