Health and Wellbeing Activities 2026

Correct as at 17.11.26

Please note that activities marked with an asterisk * are not Healthy Sunshine Coast funded classes and are offered independently of Sunshine Coast Council.

Monday	
5.45am	**Outdoor Fitness Circuit** with Extraining at Power Memorial Park in Mudjimba
6.15am	**Heart Foundation Walking – Hearty Alex Walkers** with volunteer Walk Organiser Del in Alexandra Headland **– FREE**
7.00am	**Heart Foundation Walking – Mapleton Movers** with volunteer Walk Organiser Donna in Mapleton **– FREE**
7.15am	**Heart Foundation Walking – Caloundra Happy Valley Walkers** with volunteer Walk Organiser Jake in Caloundra **– FREE. PLEASE NOTE JAKE WILL SHORTLY BE LEAVING THE AREA, SO A NEW WALK ORGANISER IS NEEDED. PLEASE CONTACT JAKE IN YOU ARE INTERESTED IN TAKING IT OVER - DETAILS ON THE WEBSITE**
7.30am	**Heart Foundation Walking - Dicky Beach Walking Group** with volunteer Walk Organiser Sue in Dicky Beach **– FREE**
7.45am	**Outdoor Fitness Circuit** with Extraining at Power Memorial Park in Mudjimba
8.00am	**Weights and Core** with All in One Fitness in Beerwah
8.45am	**Circuit** with Worx Health and Fitness in Maroochydore
9.00am	**Aqua Aerobics** with BlueFit Sunshine Coast in Eumundi
9.15am	**Dance Exercise Movement** with Sue Johnson in Coolum Beach
9.30am	**Mat Pilates for Everyone** with Pilates and Co at Buderim Lions Park in Buderim **– OFFERED IN SCHOOL TERMS ONLY**
9.30am	**Qi Gong and Meditation** with Jeanie and Paul Mallard in Beerwah
10.00am	**Strength and Stability for Older People** with Range Community Gym and Fitness Centre in Mapleton
10.00am	**Movers & Shakers "Silver Legends" - Fun and Fitness for Seniors*** with Kym Cousins in Caloundra *(Independent Class)*
11.00am	**Strength and Stability for Older People** with Range Community Gym and Fitness Centre in Mapleton **– DUE TO THE POPULARITY OF THE 10AM CLASS, ANOTHER CLASS HAS BEEN SCHEDULED AT 11AM ON MONDAY, WEDNESDAY AND FRIDAY**

4.00pm	**Gentle Yoga** with Terri Andrew in Buddina (Kawana)
4.30pm	**Chair Yoga*** with Sue Moore in Caloundra *(Independent Class)* - Weekly, except the first Monday of the month.
4.45pm	**Weight Loss Circuit*** with Worx Health and Fitness in Maroochydore *(Independent Class)*
5.00pm	**Dragon Boat Paddling for Women*** with SCDA Mavericks Dragon Boat Club at the boat ramp at Maroochy Waterfront Camp in Diddillibah *(Independent Class)*
5.30pm	**The Practice of Mindfulness for Stress Reduction** with Sue Moore in Caloundra - Weekly, except the first Monday of the month

Tuesday

5.30am	**Heart Foundation Walking - BMF Walkers** with Body Mechanics and Function in Maroochydore **– FREE**
6.45am	**Heart Foundation Walking - Ninderry Trail Mates** with volunteer Walk Organiser Janet in Ninderry **– FREE**
8.00am	**Aqua Aerobics** with Belgravia Leisure in Nambour
9.30am	**Qi Gong $5 Class** with Synergy Performance Institute in Forest Glen **– $5 FOR EVERYONE**
10.00am	**Fun, Fitness and Strength for All Abilities** with FITCare Support Services in Maroochydore (Buderim)
10.00am	**MIND FIT** with Theresa Walker-Langley in Maleny
10.00am	**Yoga in the Park** with Michelle Freeman at Quota Memorial Park, Nambour **– CLASS IS PAUSING UNTIL THE NEW YEAR**
10.30am	**Laughter Yoga** with Po Mei Kwong in Caloundra - First and third Tuesday of the month
10.30am	**GROOVE Dance with Stellina** in Buderim **– NEW CLASS**
10.30am	**Tai Chi $5 Class** with Synergy Performance Institute in Forest Glen **– $5 FOR EVERYONE**
11.00am	**Brain Health Fitness*** with Vicki Doolan in Palmview *(Independent Class)*
11.15am	**PrYme Lite** at the YMCA Caloundra in Caloundra
11.30am	**Fusion $5 Class** with Synergy Performance Institute in Forest Glen **– $5 FOR EVERYONE**
2.45pm	**Strength and Stability for Older People** with Range Community Gym and Fitness in Mapleton
4.30pm	**Zumba* with Ayesha at Worx Health and Fitness in Maroochydore** *(Independent Class)*

Healthy SUNSHINE COAST

Wednesday	
5.00am	**Sunrise Men's Gathering** with Dallas Renshaw at Beach Access 124 in Mudjimba
5.45am	**Outdoor Fitness Circuit** with Extraining at Power Memorial Park in Mudjimba
6.00am	**Yoga by the Lake** with Fleur Michaels in the park overlooking Lake Kawana at Bokarina **– ONLY $5 FOR EVERYONE**
6.00am	**Men's Community Yoga & Wellbeing** with Kayur Kotecha in Currimundi
6.00am	**Heart Foundation Walking – Twin Waters Walking Group** with volunteer Walk Organiser Alannah in Twin Waters **– FREE**
6.15am	**Heart Foundation Walking – Hearty Alex Walkers** with volunteer Walk Organiser Del in Alexandra Headland **– FREE**
6.30am	**Qi Gong on the Beach** with Wayne Brooks at Beach Access 163 in Alexandra Headland **– CANCELLED 2 AND 9 DECEMBER**
7.00am	**Heart Foundation Walking – Buderim Heart Beats** with volunteer Walk Organiser Lynne in Buderim **– FREE**
7.00am	**Heart Foundation Walking – Mapleton Movers** with volunteer Walk Organiser Donna in Mapleton **– FREE**
7.30am	**Heart Foundation Walking – Sunshine Plaza – Healthy Heart Walkers** with volunteer Walk Organiser Alison at the Sunshine Plaza, Maroochydore **– FREE**
7.45am	**Outdoor Fitness Circuit** with Extraining at Power Memorial Park in Mudjimba
9.00am	**Chair Yoga, Mobility and Movement** with Kyah Rynne in Kenilworth
9.30am	**Resolve Seniors Fitness** with Resolve Fitness in Caloundra **– CANCELLED 18 NOVEMBER**
9.30am	**Functional Circuit Training** with Gaye Becker in Buderim
10.00am	**Chair Yoga for All Abilities** with Sarah White from Breathe Yoga Space in Maroochydore
10.00am	**Strength and Stability for Older People** at Range Community Gym and Fitness Centre Mapleton
10.30am	**MIND FIT** with Theresa Walker-Langley in Buddina
11.00am	**Fusion $5 Class** with Synergy Performance Institute in Forest Glenn
11.00am	**Strength and Stability for Older People** with Range Community Gym and Fitness Centre in Mapleton **– DUE TO THE POPULARITY OF THE 10AM CLASS, ANOTHER CLASS HAS BEEN SCHEDULED AT 11AM ON MONDAY, WEDNESDAY AND FRIDAY**
4.45PM	**Toning Pilates*** with Worx Health and Fitness in Maroochydore *(Independent Class)*

5.00pm	**Dragon Boat Paddling for Women*** with SCDA Mavericks Dragon Boat Club at the boat ramp at Maroochy Waterfront Camp in Diddillibah *(Independent Class)*

Thursday

5.45am	**Outdoor Exercise** with Extraining at Bokarina Boulevard Park in Bokarina
6.30am	**Qigong** with Sue Pope at Beach Access 266 Dicky Beach **– CLASS IS PAUSING UNTIL THE NEW YEAR**
8.45am	**Circuit** with Worx Health and Fitness in Maroochydore
9.00am	**Mum and Bubs Pilates** with Abbey Chapman in Yaroomba **– NEW CLASS**
9:30am	**Yoga in the Park** with Selina Stewart at Martin Rungert Park in Mooloolah Valley
9.30am	**Stockland Chair Yoga** with Sue Moore at Stockland Birtinya Shopping Centre **– FREE. CHECK WEBSITE FOR DETAILS OF WHEN CLASSES ARE HELD**
9.30am	**Chair Yoga*** with Sue Moore at Kawana Island Meeting Place in Meridan Plains *(Independent Class).* Various dates, check Healthy Sunshine Coast website for details
10.15am	**Fun, Fitness and Strength for All Abilities** with FITCare Support Services in Maroochydore (Buderim)
11.00am	**Brain Health Fitness** with Vicki Doolan in Caloundra
11.15am	**PrYme Lite** at the YMCA Caloundra in Caloundra
12.30pm	**Chair Yoga for All Abilities** with Victoria Sutton from Dragonfly Health Space in Coolum Beach
2.45pm	**Strength and Stability for Older People** with Range Community Gym and Fitness Centre in Mapleton
3.45pm	**Kid's Yoga and Mindfulness** with Erika Romano in Forest Glen **– OFFERED IN SCHOOL TERMS ONLY**
4.45pm	**Relaxing Yoga*** with Worx Health and Fitness in Maroochydore *(Independent Class)*

Friday

5.45am	**Outdoor Fitness Circuit** with Extraining at Power Memorial Park in Mudjimba
6.15am	**Heart Foundation Walking – Hearty Alex Walkers** with volunteer Walk Organiser Del in Alexandra Headland **– FREE**

Healthy SUNSHINE COAST

6.30am	**Tai Chi and Qi Gong** with Nathan Coxsen from Chenstyle Tai Chi Australia at Beach Access 124 in Mudjimba
6.45am	**Heart Foundation Walking - Ninderry Trail Mates** with volunteer Walk Organiser Janet in Ninderry **– FREE**
7.00am	**Heart Foundation Walking – Mapleton Movers** with volunteer Walk Organiser Donna in Mapleton **– FREE**
7.30am	**Heart Foundation Walking – Sunshine Plaza – Healthy Heart Walkers** with volunteer Walk Organiser Alison at the Sunshine Plaza, Maroochydore **– FREE**
7.45am	**Outdoor Fitness Circuit** with Extraining at Power Memorial Park in Mudjimba
8.00am	**Movement and Stability with Weights** with All in One Fitness in Beerwah
8.00am	**Aqua Aerobics** with Belgravia Leisure in Nambour
9.30am	**Yoga** with Theresa Walker-Langley in Maleny
9.30am	**Dance Exercise - Movement to Music*** with Sue Johnson in Buderim *(Independent Class)*
9.40am	**Gentle Yoga** with Terri Andrews in Maroochydore **– PLEASE NOTE NEW VENUE**
10.00am	**Strength and Stability for Older People** with Range Community Gym and Fitness Centre in Mapleton
10.00am	**Qi Gong and Meditation** with Jeanie and Paul Mallard in Currimundi
11.00am	**Fusion $5 Class** with Synergy Performance Institute in Forest Glen **– $5 FOR EVERYONE**
11.00am	**Strength and Stability for Older People** with Range Community Gym and Fitness Centre in Mapleton **– DUE TO THE POPULARITY OF THE 10AM CLASS, ANOTHER CLASS HAS BEEN SCHEDULED AT 11AM ON MONDAY, WEDNESDAY AND FRIDAY**

Saturday

5.45am	**Outdoor Exercise** with Extraining at Bokarina Boulevard Park in Bokarina
6.00am	**Dragon Boat Paddling for Women*** with SCDA Mavericks Dragon Boat Club at the boat ramp at Maroochy Waterfront Camp in Diddillibah *(Independent Class)*
6.30am	**QiGong on the Beach** with Wayne Brooks at Beach Access 163 in Alexandra Headland **– CANCELLED 21 NOVEMBER, 5 AND 12 DECEMBER**
7.00am	**Mat Pilates for All Ages and Abilities** with Manuel Alcázar Rojo at Picabeen Green Park in Palmwoods

7.00am	**parkrun Sunshine Coast** held in twelve locations – Baringa; Birtinya; Brightwater; Coolum Eco; Glasshouse Mountains Conservation; Golden Beach; Harmony Boulevard; Kawana; Maleny Trail; Mudjimba Beach; Nambour; and Parklakes Wetlands
8.00am	**Yoga in the Park** with Agata Paruszewska and Fleur Michaels at the Maroochydore Regional Bushland Botanic Gardens in Tanawha
8.20am	**Heart Foundation Walking - Biosphere Walk** with volunteer Walk Organiser Megyn in Currimundi **– FREE**
10.30am	**Laughter Yoga with Po** at Buderim Lions Park, Buderim - Monthly - second Saturday of the month
Sunday	
8.30am	**Reconnecting with Nature** with Jay Ridgewell at the Maroochydore Regional Bushland Botanic Gardens in Tanawha - Monthly - first Sunday of the month
9.00am	**Qigong** with Lisa Raquel Cowan at the Rotary Club facility at the Maleny Showgrounds in Maleny **– PLEASE NOTE NEW VENUE. OFFERED IN SCHOOL TERMS ONLY**

PLEASE NOTE:

- **You must be registered for the program to join in the activities – please register on the Healthy Sunshine Coast website (details below)**
- **Activities cost $10 or $5 with a Health Care/Pensioners card***
- **Evidence of this card will be required at the first class**
- **Where appropriate, the cost for children under 18 years of age is $5 when accompanied by an adult, or $10 if a children's-only activity**
- **Sessions run for a minimum of 45 minutes (check with provider)**

***Some activities do have a different cost – please check website for details**

VISIT THE HEALTHY SUNSHINE COAST WEBSITE FOR DETAILS ON HOW TO REGISTER FOR THE PROGRAM, AND FOR UP-TO-DATE DETAILS AND BOOKING ARRANGEMENTS FOR CLASSES.

DETAILS OF ALL THE HEALTHY SUNSHINE COAST ACTIVITIES HERE:

https://sunshine-coast-council.trumba.com/healthy-sunshine-coast?utm_source=sunshine%2Bcoast%2Bcouncil&utm_medium=website

REGISTER FOR THE PROGRAM HERE:

https://cdn.forms-content.sg-form.com/c02f6448-cec8-11ee-ab58-6a89554d50e9?utm_source=sunshine%2Bcoast%2Bcouncil&utm_medium=website

Email for any enquiries - healthysc@sunshinecoast.qld.gov.au