

Monday

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| 5.45am | Outdoor Fitness Circuit with Extraining in Mudjimba |
| 6.00am | Sunrise Fitness with Katharina Hillen – 6.00AM OVER THE WINTER MONTHS |
| 8.00am | Weights and Core with All in One Fitness in Beerwah |
| 9.00am | Circuit with Worx Health and Fitness in Maroochydore |
| 9.00am | Aqua Aerobics with Swim Fit Sunshine Coast in Eumundi |
| 10.00am | Strength and Stability for Older People with Range Community Gym and Fitness in Mapleton |
| 3.45pm | Kid's Yoga with Zenko Yoga in Maroochydore |
| 4.00pm | Gentle Yoga with Fleur Michaels in Kawana |
| 5.30pm | (except the first Monday of the month) The Practice of Mindfulness for Stress Reduction with Sue Moore in Caloundra |

Tuesday

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| 5.45am | Outdoor Fitness Circuit with Extraining in Mudjimba |
| 8.00am | Aqua Aerobics with Belgravia Leisure in Nambour – PLEASE NOTE THE CHANGE IN TIME TO 8.00AM |
| 10.00am | MIND FIT with Theresa Walker-Langley in Maleny |
| 10.00am | Fun, Fitness and Strength with FITCare Support Services in Maroochydore (Buderim) |
| 10.30am | Zumba with Tianna in Buderim |
| 10.30am | (first and third Tuesday of the month) Laughter Yoga with Po Mei Kwong in Caloundra – PLEASE NOTE THE CHANGE IN TIME TO 10.30AM |
| 11.15pm | PrYme Lite at YMCA Caloundra in Caloundra |
| 2.45pm | Strength and Stability for Older People with Range Community Gym and Fitness in Mapleton |

Wednesday

- 5.45am **Outdoor Fitness Circuit** with Extraining in Mudjimba
- 6.30am **Morning Rise Yoga** with Masha Lim-Nadiraschwili in Bokarina – **PLEASE NOTE THE CHANGE IN TIME TO 6.30AM**
- 9.00am **Chair Yoga, Mobility and Movement** with Kyah Rynne in Kenilworth
- 9.30am **Resolve Seniors Fitness** with Resolve Fitness in Caloundra – **CANCELLED 31 JULY ONLY**
- 10.00am **Chair Yoga for All Abilities** with Sarah Chancellor in Maroochydore from Breathe Yoga Space in Maroochydore
- 11.15am **Balance and Stability** with Worx Health and Fitness in Buderim
- 11.30am **Carer’s Health and Fitness** with Full Circle Wellness in Dicky Beach – **NEW CLASS ONLY UNTIL 14 AUGUST (SUBJECT TO INTEREST)**

Thursday

- 5.45am **Outdoor Fitness Circuit** with Extraining in Mudjimba
- 7.30am **Yoga for Everyone** with Zenko Yoga in Maroochydore
- 7.45am **Yoga@Bankfoot** with Theresa Walker-Langley at Bankfoot House, Glass House Mountains
- 8.00am **Aqua Aerobics** with Belgravia Leisure in Nambour
- 9.30am **Yoga in the Park** with Selina Stewart in Mooloolah
- 10.45am **Mums and Bubs Yoga** with Zenko Yoga in Maroochydore – **NEW CLASS FOR FOUR WEEKS (SUBJECT TO INTEREST)**
- 11.00am **Ageless Grace Brain Health Movement with Music** with Vicki Doolan in Caloundra
- 11.15am **PrYme Lite** at the YMCA Caloundra in Caloundra
- 11.15am **Circuit** with Worx Health and Fitness in Maroochydore
- 2.45pm **Strength and Stability for Older People** with Range Community Gym and Fitness in Mapleton

Friday

- 5.45am Outdoor Fitness Circuit** with Extraining in Mudjimba
- 7.00am Beginners Flow Yoga with Philippa** with Philippa Wells in Nambour – **NEW CLASS BEGINNING FRIDAY 2 AUGUST**
- 8.00am Movement and Stability with Weights** with All in One Fitness in Beerwah
- 9.30am Tai Chi** with Zhongmin (Shin Ru) Neilson in Maroochydore
- 9.30am Zumba with Tianna** with Tianna Balmer in Bli Bli
- 10.00am Strength and Stability for Older People** with Range Community Gym and Fitness in Mapleton
- 11.00am Fusion** with Synergy Performance Institute in Forest Glen

Saturday

- 7.00am Mat Pilates on the Green** with Tegan Shepherd and Natasha Bruce in Palmwoods
- 8.00am Mat Pilates in the Gardens** with Nichola Stevenson at Maroochy Regional Botanic Gardens

Sunday

- 7.00am Blended Yoga** with Yoga NRG in Coolum
- 8.30am** (first and third Sunday of the month) **Reconnecting with Nature** with Jay Ridgewell at Maroochy Regional Botanic Gardens
- 9.00am Laughter Yoga** with Po Mei Kwong in Maleny
- 12.00pm** (MONTHLY - third Sunday of the month) **Family KidzArT & Relax** with Anna Kilpatrick at the Kawana Island Meeting Place – **PLEASE NOTE CHANGE OF TIME TO 12.00PM ON 21 JULY, 18 AUGUST AND 15 SEPTEMBER ONLY. BACK TO 11.00AM FROM 20 OCTOBER**

PLEASE NOTE:

- You must be registered for the program to join in the activities – please register on the Healthy Sunshine Coast website (details below)
- All 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 lower cost of \$5 for everyone – please check website for details

CHECK THE HEALTHY SUNSHINE COAST WEBSITE ON HOW TO REGISTER FOR THE PROGRAM, AND FOR UP-TO-DATE DETAILS AND BOOKING ARRANGEMENTS FOR CLASSES VIA THE ACTIVITIES PORTAL LINK ON THIS PAGE

<https://www.sunshinecoast.qld.gov.au/living-and-community/community-support/healthy-and-active/healthy-sunshine-coast>