

- 5.45am** **Outdoor Fitness Circuit** with Extraining in Mudjimba
- 6.00am** **Sunrise Fitness** with Katharina Hillen at Chambers Island, Maroochydore
- 6.15am** **Heart Foundation Walking – Hearty Alex Walkers** with volunteer Walk Organiser Del in Alexandra Headland – **FREE**
- 6.30am** **Heart Foundation Walking – Mooloolah Walkers** with volunteer Walk Organiser Anne in Mooloolah Valley – **FREE**
- 7.00am** **Heart Foundation Walking – Mapleton Movers** with volunteer Walk Organiser Donna in Mapleton – **FREE**
- 7.30am** **Heart Foundation Walking – Caloundra Physio Centre Happy Walkers** with volunteer Walk Organiser Jake in Caloundra – **FREE**
- 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 BlueFit Sunshine Coast in Eumundi
- 10.00am** **Strength and Stability for Older People** with Range Community Gym and Fitness Centre in Mapleton
- 4.00pm** **Gentle Yoga** with Fleur Michaels in Buddina (Kawana)
- 5.30pm*** **The Practice of Mindfulness for Stress Reduction** with Sue Moore in Caloundra.
*Except the first Monday of the month; every Monday in November and December only

Tuesday

- 5.45am** **Outdoor Fitness Circuit** with Extraining in Mudjimba
- 8.00am** **Aqua Aerobics** with Belgravia Leisure in Nambour
- 9.30am** **Qi Gong \$5 Class** with Synergy Performance Institute in Forest Glen – **NEW CLASS AND \$5 FOR EVERYONE**
- 10.00am** **MIND FIT** with Theresa Walker-Langley in Maleny
- 10.00am** **Fun, Fitness and Strength for All Abilities** with FITCare Support Services in Maroochydore (Buderim)
- 10.00am** **Fusion \$5 Class** with Synergy Performance Institute in Forest Glen – **NEW CLASS AND \$5 FOR EVERYONE**

10.30am Zumba with Tianna in Buderim

10.30am* Laughter Yoga with Po Mei Kwong in Caloundra
*First and third Tuesday of the month

10.30am Tai Chi \$5 Class with Synergy Performance Institute in Forest Glen – **NEW CLASS AND \$5 FOR EVERYONE. CANCELLED 12, 19 AND 26 NOVEMBER ONLY**

11.15am PrYme Lite at the 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

6.00am 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 Morning Rise Yoga with Masha Lim-Nadiraschwili in Bokarina

6.30am Heart Foundation Walking – Mooloolah Walkers with volunteer Walk Organiser Anne in Mooloolah Valley – **FREE**

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**

9.00am Chair Yoga, Mobility and Movement with Kyah Rynne in Kenilworth

9.30am Resolve Seniors Fitness with Resolve Fitness in Caloundra

9.45am Giggles and Gains – Parents and Bubs Fitness with Adventure Functional Training in Yaroomba (Coolum) – **NEW CLASS.**

10.00am Chair Yoga for All Abilities with Sarah White from Breathe Yoga Space in Maroochydore

10.00am Strength and Stability for Older People with Range Community Gym and Fitness Centre in Mapleton – **NEW CLASS, EXTRA SESSION**

11.00am Functional Circuit Training with Gaye Becker in Buderim – **NEW PROVIDER, TYPE OF CLASS AND TIME FROM 13 NOVEMBER**

Thursday

- 5.45am **Outdoor Fitness Circuit** with Extraining in Mudjimba
- 7.45am **Yoga@Bankfoot** with Theresa Walker-Langley at Bankfoot House, Glass House Mountains
- 8.00am **Aqua Aerobics with Belgravia Leisure in Nambour**
- 9.00am **Circuit** with Worx Health and Fitness in Maroochydore
- 9:30am **Yoga in the Park** with Selina Stewart in Mooloolah Valley
- 10.15am **Fun, Fitness and Strength for All Abilities** with FITCare Support Services in Maroochydore (Buderim) – **NEW CLASS, EXTRA SESSION**
- 11.00am **Ageless Grace Brain Health Movement with Music** with Vicki Doolan in Caloundra
- 11.15am **PrYme Lite** at the YMCA Caloundra in Caloundra
- 2.00pm **Chair Yoga for All Abilities** with Sarah White from Breathe Yoga Space in Coolum Beach – **NEW CLASS**
- 2.45pm **Strength and Stability for Older People** with Range Community Gym and Fitness Centre in Mapleton
- 5.15pm **Tai Chi \$5 Class** with Synergy Performance Institute in Forest Glen – **NEW CLASS AND \$5 FOR EVERYONE. CANCELLED 14 AND 21 NOVEMBER ONLY**

Friday

- 5.45am **Outdoor Fitness Circuit** with Extraining in Mudjimba
- 6.15am **Heart Foundation Walking – Hearty Alex Walkers** with volunteer Walk Organiser Del in Alexandra Headland – **FREE**
- 6.30am **Tai Chi \$5 Class** with Synergy Performance Institute in Forest Glen – **NEW CLASS AND \$5 FOR EVERYONE. CANCELLED 15 AND 22 NOVEMBER ONLY**
- 6.30am **Heart Foundation Walking – Mooloolah Walkers** with volunteer Walk Organiser Anne in Mooloolah Valley – **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**

8.00am **Movement and Stability with Weights** with All in One Fitness in Beerwah – **CLASS WILL BE HELD IN THE LANDSBOROUGH HALL ON 15 NOVEMBER**

9.30am **Tai Chi** with Zhongmin (Shin Ru) Neilson in Maroochydore

9.30am **Zumba** with Tianna in Bli Bli

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 – **NEW CLASS.**

11.00am **Fusion \$5 Class** with Synergy Performance Institute in Forest Glen – **\$5 FOR EVERYONE**

Saturday

7.00am **Outdoor Mat Pilates** with Simone Reesby and Natasha Bruce in Palmwoods

7.00am **Mat Pilates in the Gardens** with Nichola Stevenson at the Maroochy Regional Bushland Botanic Gardens – **PLEASE NOTE NEW TIME FROM 9 NOVEMBER**

7.00am **parkrun Sunshine Coast** held in nine locations – Baringa; Brightwater; Glasshouse Mountains Conservation; Golden Beach; Harmony Boulevard; Kawana; Maleny Trail; Mudjimba Beach; and Nambour

Sunday

7.30am **Blended Yoga** with Yoga NRG in Coolum Beach

8.30am* **Reconnecting with Nature** with Jay Ridgewell at the Maroochydore Regional Bushland Botanic Gardens

*First and third Sunday of the month

10.00am* **Family KidzArT & Relax** with Anna Kilpatrick at the Kawana Island Meeting Place – **NO SESSION IN DECEMBER**

* Second Sunday of the month

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 VIA THE ACTIVITIES PORTAL LINK

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