

Correct as of 16 December 2025

Monday

5.45am	Outdoor Fitness Circuit with Extraining at Power Memorial Park in Mudjimba
6.00am	Sunrise Fitness with Katharina Hillen at Chambers Island in 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
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
9.00am	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
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)
4.30pm	Chair Yoga* with Sue Moore in Caloundra *Except the first Monday of the month. *PLEASE NOTE THIS IS NOT A HEALTHY SUNSHINE COAST-FUNDED CLASS AND IS OFFERED INDEPENDENTLY OF SUNSHINE COAST COUNCIL
4.45pm	Weight Loss Circuit* with Worx Health and Fitness in Maroochydore *PLEASE NOTE THIS IS NOT A HEALTHY SUNSHINE COAST-FUNDED CLASS AND IS OFFERED INDEPENDENTLY OF SUNSHINE COAST COUNCIL
5.30pm*	The Practice of Mindfulness for Stress Reduction with Sue Moore in Caloundra *Except the first Monday of the month

Tuesday

6.00am	Heart Foundation Walking - Palmview walk & talk with volunteer Walk Organiser Melissa in Palmview – FREE
6.15am	Meditation with Brahma Kumaris Centres for Spiritual Learning in Tickle Park, Coolum Beach – 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
10.30am*	Laughter Yoga with Po Mei Kwong in Caloundra – CANCELLED 17 FEBRUARY 2026 *First and third Tuesday of the month
10.30am	Zumba with Tianna in Buderim
10.30am	Tai Chi \$5 Class with Synergy Performance Institute in Forest Glen – \$5 FOR EVERYONE
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 *PLEASE NOTE THIS IS NOT A HEALTHY SUNSHINE COAST-FUNDED CLASS AND IS OFFERED INDEPENDENTLY OF SUNSHINE COAST COUNCIL

Wednesday

5.00am	Sunrise Men's Gathering with Cristian Trujillo at Beach Access 124 in Mudjimba – NEW CLASS COMMENCING IN 2026
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	Heart Foundation Walking – Twin Waters Walking Group with volunteer Walk Organiser Alannah in Twin Waters – FREE
6.00am	Heart Foundation Walking - Palmview walk & talk with volunteer Walk Organiser Melissa in Palmview – FREE
6.15am	Heart Foundation Walking – Hearty Alex Walkers with volunteer Walk Organiser Del in Alexandra Headland – FREE
6.30am	Qi Gong with Wayne Brooks at Beach Access 163 in Alexandra Headland – NEW CLASS
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
7.45am	Outdoor Fitness Circuit with Extraining at Power Memorial Park in Mudjimba
8.30am	Flex & Flow* with FlowSt8 in Maroochydore – FREE *PLEASE NOTE THIS IS NOT A HEALTHY SUNSHINE COAST-FUNDED CLASS AND IS OFFERED INDEPENDENTLY OF SUNSHINE COAST COUNCIL
9.00am	Chair Yoga, Mobility and Movement with Kyah Rynne in Kenilworth
9.30am	Resolve Seniors Fitness with Resolve Fitness in Caloundra
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 with Range Community Gym and Fitness Centre in Mapleton

10.30am	MIND FIT with Theresa Walker-Langley in Buddina
4.45pm	Toning Pilates* with Worx Health and Fitness in Maroochydore *PLEASE NOTE THIS IS NOT A HEALTHY SUNSHINE COAST-FUNDED CLASS AND IS OFFERED INDEPENDENTLY OF SUNSHINE COAST COUNCIL

Thursday

5.45am	Outdoor Exercise with Extraining at Bokarina Boulevard Park in Bokarina
7.45am	Qi Gong at Bankfoot with Theresa Walker-Langley at Bankfoot House, Glass House Mountains
8.00am	Circuit with Worx Health and Fitness in Maroochydore
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 the Kawana Island Meeting Place in Parrearra Various dates, check Healthy Sunshine Coast website for details *PLEASE NOTE THIS IS NOT A HEALTHY SUNSHINE COAST-FUNDED CLASS AND IS OFFERED INDEPENDENTLY OF SUNSHINE COAST COUNCIL
10.15am	Fun, Fitness and Strength for All Abilities with FITCare Support Services in Maroochydore (Buderim)
10.30am	Zumba with Tianna in Mudjimba – PLEASE NOTE NEW DAY, TIME AND VENUE AS OF 2026
11.00am	Ageless Grace Brain Health Movement with Music with Vicki Doolan in Caloundra
11.15am	PrYme Lite at the YMCA Caloundra in Caloundra
12.30pm	Chair Yoga for All Abilities with Sarah White from Breathe Yoga 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 Erica Romano in Maroochydore – OFFERED IN SCHOOL TERMS ONLY
4.45pm	Relaxing Yoga* with Worx Health and Fitness in Maroochydore *PLEASE NOTE THIS IS NOT A HEALTHY SUNSHINE COAST-FUNDED CLASS AND IS OFFERED INDEPENDENTLY OF SUNSHINE COAST COUNCIL

Friday

5.45am	Outdoor Fitness Circuit with Extraining at Power Memorial Park in Mudjimba
6.00am	Heart Foundation Walking - Palmview walk & talk with volunteer Walk Organiser Melissa in Palmview – FREE
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 – \$5 FOR EVERYONE
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
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 *PLEASE NOTE THIS IS NOT A HEALTHY SUNSHINE COAST-FUNDED CLASS AND IS OFFERED INDEPENDENTLY OF SUNSHINE COAST COUNCIL
9.40am	Yoga for Everyone with Terri Andrews in Maroochydore
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
10.30am	Mum and Bub's Fitness with Gaye Becker in Buddina (Kawana) – NEW CLASS COMMENCING IN 2026
11.00am	Fusion \$5 Class with Synergy Performance Institute in Forest Glen – \$5 FOR EVERYONE

Saturday

- 5.45am Outdoor Exercise** with Extraining at Bokarina Boulevard Park in Bokarina
- 7.00am Mat Pilates for All Ages and Abilities** with Simone Reesby and Natasha Bruce at Picabeen Green Park in Palmwoods
- 7.00am parkrun Sunshine Coast** held in ten locations – Baringa; Birtinya; Brightwater; Glasshouse Mountains Conservation; Golden Beach; Harmony Boulevard; Kawana; Maleny Trail; Mudjimba Beach; and Nambour
- 8.00am Yoga in the Park** with Agata Paruszevska and Fleur Michaels at the Maroochydore Regional Bushland Botanic Gardens in Tanawha
- 10.30am* Laughter Yoga with Po** at Buderim Lions Park, Buderim
*Monthly - second Saturday of the month

Sunday

- 7.30am Blended Yoga** with Yoga NRG in Coolum Beach
- 8.00am Tai Chi** with Zhongmin (Shin ru) Neilson in Maroochydore – **FROM 2026**
- 8.30am* Reconnecting with Nature** with Jay Ridgewell at the Maroochydore Regional Bushland Botanic Gardens in Tanawha
*Monthly - first Sunday of the month
- 10.00am* Family KidzArT & Relax** with Anna Kilpatrick at the Kawana Island Meeting Place in Parrearra – **NO SESSION IN FEBRUARY 2026**
* Monthly - second Sunday of the month
- 3.00pm* Café Conversations** with Yarn and Yield in Buderim
*Monthly - first 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.

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

FESTIVE SEASON BREAK

The Healthy Sunshine Coast program will be taking a break over the Festive Season.

The final sessions will be held on **Sunday, 14 December 2025** and the program will recommence on **Tuesday, 27 January 2026**.