

Monday

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| 5.45am | Outdoor Fitness Circuit with Extraining in Mudjimba |
| 5.45am | 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 |
| 7.30am | Heart Foundation Walking - Dicky Beach Walking Group with volunteer Walk Organiser Sue in Dicky Beach – FREE |
| 8.00am | Weights and Core with All in One Fitness in Beerwah |
| 8.00am | 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 – NEW CLASS |
| 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 – CLASS CANCELLED 9 JUNE |

*Except the first Monday of the month

Tuesday

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| 5.45am | Outdoor Fitness Circuit with Extraining in Mudjimba |
| 6.00am | Heart Foundation Walking - Palmview walk & talk with volunteer Walk Organiser Melissa in Palmview – FREE. PLEASE NOTE NEW TIME OVER THE COOLER MONTHS |
| 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 |
| 9.30am | Mum and Bubs Fitness with Gaye Becker in Buddina (Kawana) – CLASSES RESUMING EARLY JUNE |
| 10.00am | MIND FIT with Theresa Walker-Langley in Maleny |

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| 10.00am | Fun, Fitness and Strength for All Abilities with FITCare Support Services in Maroochydore (Buderim) |
| 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 – \$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 |

Wednesday

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|---------|---|
| 5.45am | Outdoor Fitness Circuit with Extraining in Mudjimba |
| 6.00am | Yoga by the Lake with Fleur Michaels in Bokarina – NEW CLASS WITH A NEW INSTRUCTOR. 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. EXTRA DAY FOR THIS WALK |
| 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 – 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 – CLASS CANCELLED 18 JUNE |
| 9.30am | Functional Circuit Training with Gaye Becker in Buderim – CLASSES RESUMING EARLY JUNE |
| 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 Maleny |

Thursday

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|---------|--|
| 5.45am | Outdoor Exercise with Extraining in Bokarina – NEW CLASS |
| 5.45am | Heart Foundation Walking - Palmview walk & talk with volunteer Walk Organiser Melissa in Palmview – FREE |
| 6.30am | Soulful Sisters - Thursday Yin Yoga & Breakfast with Steph Cox in Dicky Beach – NEW CLASS. COMMENCING SHORTLY |
| 7.45am | Qi Gong at Bankfoot with Theresa Walker-Langley at Bankfoot House, Glass House Mountains |
| 8.00am | Aqua Aerobics with Belgravia Leisure in Nambour |
| 8.00am | Circuit with Worx Health and Fitness in Maroochydore |
| 9.30am | Yoga in the Park with Selina Stewart in Mooloolah Valley |
| 9.30am* | Stockland Chair Yoga with Sue Moore at Stockland Birtinya Shopping Centre – FREE *Fortnightly |
| 10.15am | Fun, Fitness and Strength for All Abilities with FITCare Support Services in Maroochydore (Buderim) |
| 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 |
| 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 |
| 5.15pm | Tai Chi \$5 Class with Synergy Performance Institute in Forest Glen – \$5 FOR EVERYONE. CANCELLED UNTIL FURTHER NOTICE |

Friday

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|--------|---|
| 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 – \$5 FOR EVERYONE |
| 6.30am | Heart Foundation Walking – Mooloolah Walkers with volunteer Walk Organiser Anne in Mooloolah Valley – FREE |
| 6.30am | Soulful Sisters - Friday Yin Yoga & Breakfast with Steph Cox in Mudjimba |

- 6.30am** **Soulful Sisters - Friday Yin Yoga & Breakfast** with Steph Cox in Dicky Beach – **NEW CLASS. COMMENCING SHORTLY**
- 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
- 9.30am** **Tai Chi** with Zhongmin (Shin Ru) Neilson in Maroochydore
- 9.30am** **Zumba with Tianna** in Bli Bli
- 9.30am** **Yoga** with Theresa Walker-Langley in Maleny – **CLASS CANCELLED MALENY SHOW DAY 30 MAY**
- 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 – **CLASS CANCELLED MALENY SHOW DAY 30 MAY**
- 11.00am** **Fusion \$5 Class** with Synergy Performance Institute in Forest Glen – **\$5 FOR EVERYONE**

Saturday

- 5.45am** **Outdoor Exercise** with Extraining in Bokarina – **NEW CLASS**
- 7.00am** **Outdoor Mat Pilates** with Simone Reesby and Natasha Bruce 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** **Mat Pilates in the Gardens** with Nichola Stevenson at the Maroochy Regional Bushland Botanic Gardens – **PLEASE NOTE THE CHANGE IN TIME OVER THE COOLER MONTHS**
- Various Times** **Bushwalks - Chinaman Creek**, 24 May, 8.15am; **Trachyte Circuit**, 31 May, 7.30am; **Emu Mountain**, 14 June, 7.45am; **Kureelapa Falls**, 21 June, 8.30am – **EXCITING BUSHWALKS DURING MAY AND JUNE**

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

9.00am ThinkChange Sunshine Coast Council e-Bike Experience - 1 June, Golden Beach; 8 June, Aura; 15 June, Marcoola; 22 June, Peregian Springs; 29 June, Point Cartwright; 6 July, Maleny – FREE E-BIKE RIDES DURING JUNE AND JULY

10.00am* Family KidzArT & Relax with Anna Kilpatrick at the Kawana Island Meeting Place – PLEASE NOTE: SUNDAY 15 JUNE AND NOT 8 JUNE

* 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 DETAILS FOR ALL THE HEALTHY SUNSHINE COAST ACTIVITIES LINK

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