

- 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 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.**

## 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 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

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

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**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>**