

Correct as of 11 March 2026

Monday

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| 5.45am | Outdoor Fitness Circuit with Extraining at Power Memorial Park in Mudjimba |
| 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 – CLASS CANCELLED EASTER MONDAY 6 APRIL |
| 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 – CLASS CANCELLED EASTER MONDAY 6 APRIL |
| 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 |
| 5.00pm | Dragon Boat Paddling for Women* with SCDA Mavericks Dragon Boat Club at the boat ramp at Maroochy Waterfront Camp in Diddillibah *PLEASE NOTE THIS IS NOT A HEALTHY SUNSHINE COAST-FUNDED ACTIVITY AND IS |

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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. CANCELLED UNTIL 31 MARCH**

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 MARCH. PLEASE NOTE CHANGE OF VENUE FOR CLASS ON 7 APRIL**

*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**

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Wednesday

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| 5.00am | Sunrise Men's Gathering with Cristian Trujillo at Beach Access 124 in Mudjimba – NEW CLASS |
| 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 |
| 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 |
| 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 |

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5.00pm **Dragon Boat Paddling for Women*** with SCDA Mavericks Dragon Boat Club at the boat ramp at Maroochy Waterfront Camp in Diddillibah
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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

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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**

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

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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 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 – **CLASS CANCELLED GOOD FRIDAY 3 APRIL**
- 8.00am Aqua Aerobics** with Belgravia Leisure in Nambour
- 9.30am Yoga** with Theresa Walker-Langley in Maleny – **CLASS CANCELLED GOOD FRIDAY 3 APRIL**
- 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)
- 11.00am Fusion \$5 Class** with Synergy Performance Institute in Forest Glen – **\$5 FOR EVERYONE. – CLASS CANCELLED GOOD FRIDAY 3 APRIL**

Saturday

- 5.45am Outdoor Exercise** with Extraining at Bokarina Boulevard Park in Bokarina
- 6.00am Dragon Boat Paddling for Women*** with SCDA Mavericks Dragon Boat Club at the boat ramp at Maroochy Waterfront Camp in Diddillibah
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- 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 twelve locations – Baringa; Birtinya; Brightwater; Coolum Eco; Glasshouse Mountains Conservation; Golden Beach; Harmony Boulevard; Kawana; Maleny Trail; Mudjimba Beach; Nambour; and Parklakes Wetlands
- 8.00am Yoga in the Park** with Agata Paruszezwska and Fleur Michaels at the Maroochydore Regional Bushland Botanic Gardens in Tanawha
- 10.30am* Laughter Yoga with Po** at Buderim Lions Park, Buderim – **NEW CLASS COMMENCING 14 MARCH 2026**
*Monthly - second Saturday of the month
- 4.00pm Engage with Nature at Mountain Creek*** with Jay Ridgewell at Mountain Creek Recreational Trail, Mountain Creek
*PLEASE NOTE THIS IS NOT A HEALTHY SUNSHINE COAST-FUNDED CLASS AND IS OFFERED INDEPENDENTLY OF SUNSHINE COAST COUNCIL

Sunday

- 8.30am* Reconnecting with Nature** with Jay Ridgewell at the Maroochydore Regional Bushland Botanic Gardens in Tanawha
*Monthly - first Sunday of the month
- 9.00am Qigong with Lisa Raquel Cowan at Tesch Park in Maleny – NEW CLASS. CLASS CANCELLED EASTER SUNDAY 5 APRIL**
- 9.00am Sunday 12 April - Reconnecting with Nature at Buderim Forest Park*** with Jay Ridgewell at the Buderim Forest Park in Buderim
*PLEASE NOTE THIS IS NOT A HEALTHY SUNSHINE COAST-FUNDED CLASS AND IS OFFERED INDEPENDENTLY OF SUNSHINE COAST COUNCIL
- 10.00am* Family KidzArT & Relax** with Anna Kilpatrick at the Kawana Island Meeting Place in Parrearra – **NO SESSION IN MAY**
* Monthly - second Sunday of the month

10.30am Sunday 5 April - Family KidzArT & Relax Mindful Meditative Clay & Storybook Reading* with Anna Kilpatrick at Chenrezig Buddhist Institute ArT Studio in Eudlo.

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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.

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

