

Correct as of 17 February 2026

## Monday

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| 5.45am  | <b>Outdoor Fitness Circuit</b> with Extraining at Power Memorial Park in Mudjimba   |
| 6.15am  | <b>Heart Foundation Walking – Hearty Alex Walkers</b> with volunteer Walk Organiser Del in Alexandra Headland – <b>FREE</b>   |
| 6.30am  | <b>Heart Foundation Walking – Mooloolah Walkers</b> with volunteer Walk Organiser Anne in Mooloolah Valley – <b>FREE</b>  |
| 7.00am  | <b>Heart Foundation Walking – Mapleton Movers</b> with volunteer Walk Organiser Donna in Mapleton – <b>FREE</b>   |
| 7.30am  | <b>Heart Foundation Walking – Caloundra Physio Centre Happy Walkers</b> with volunteer Walk Organiser Jake in Caloundra – <b>FREE</b>   |
| 7.30am  | <b>Heart Foundation Walking - Dicky Beach Walking Group</b> with volunteer Walk Organiser Sue in Dicky Beach – <b>FREE</b>  |
| 7.45am  | <b>Outdoor Fitness Circuit</b> with Extraining at Power Memorial Park in Mudjimba   |
| 8.00am  | <b>Weights and Core</b> with All in One Fitness in Beerwah  |
| 9.00am  | <b>Circuit</b> with Worx Health and Fitness in Maroochydore   |
| 9.00am  | <b>Aqua Aerobics</b> with BlueFit Sunshine Coast in Eumundi   |
| 9.15am  | <b>Dance Exercise Movement</b> with Sue Johnson in Coolum Beach   |
| 10.00am | <b>Strength and Stability for Older People</b> with Range Community Gym and Fitness Centre in Mapleton  |
| 4.00pm  | <b>Gentle Yoga</b> with Fleur Michaels in Buddina (Kawana)  |
| 4.30pm  | <b>Chair Yoga*</b> with Sue Moore in Caloundra<br>*Except the first Monday of the month.<br>*PLEASE NOTE THIS IS NOT A HEALTHY SUNSHINE COAST-FUNDED CLASS AND IS OFFERED INDEPENDENTLY OF SUNSHINE COAST COUNCIL |
| 4.45pm  | <b>Weight Loss Circuit*</b> with Worx Health and Fitness in Maroochydore<br>*PLEASE NOTE THIS IS NOT A HEALTHY SUNSHINE COAST-FUNDED CLASS AND IS OFFERED INDEPENDENTLY OF SUNSHINE COAST COUNCIL                 |
| 5.30pm* | <b>The Practice of Mindfulness for Stress Reduction</b> with Sue Moore in Caloundra<br>*Except the first Monday of the month  |

## Tuesday

6.00am	<b>Heart Foundation Walking - Palmview walk &amp; talk</b> with volunteer Walk Organiser Melissa in Palmview – <b>FREE</b>
6.15am	<b>Meditation with Brahma Kumaris Centres for Spiritual Learning</b> in Tickle Park, Coolum Beach – <b>FREE. CANCELLED IN FEBRUARY, WITH THE FIRST SESSION ON 31 MARCH</b>
8.00am	<b>Aqua Aerobics</b> with Belgravia Leisure in Nambour
9.30am	<b>Qi Gong \$5 Class</b> with Synergy Performance Institute in Forest Glen – <b>\$5 FOR EVERYONE</b>
10.00am	<b>Fun, Fitness and Strength for All Abilities</b> with FITCare Support Services in Maroochydore (Buderim)
10.00am	<b>MIND FIT</b> with Theresa Walker-Langley in Maleny
10.30am*	<b>Laughter Yoga</b> with Po Mei Kwong in Caloundra – <b>CANCELLED 17 FEBRUARY AND 17 MARCH</b> *First and third Tuesday of the month
10.30am	<b>Zumba with Tianna</b> in Buderim
10.30am	<b>Tai Chi \$5 Class</b> with Synergy Performance Institute in Forest Glen – <b>\$5 FOR EVERYONE</b>
11.15am	<b>PrYme Lite</b> at the YMCA Caloundra in Caloundra
11.30am	<b>Fusion \$5 Class</b> with Synergy Performance Institute in Forest Glen – <b>\$5 FOR EVERYONE</b>
2.45pm	<b>Strength and Stability for Older People</b> with Range Community Gym and Fitness in Mapleton
4.30pm	<b>Zumba* with Ayesha at Worx Health and Fitness in Maroochydore</b> *PLEASE NOTE THIS IS NOT A HEALTHY SUNSHINE COAST-FUNDED CLASS AND IS OFFERED INDEPENDENTLY OF SUNSHINE COAST COUNCIL

## Wednesday

5.00am	<b>Sunrise Men's Gathering</b> with Cristian Trujillo at Beach Access 124 in Mudjimba – <b>NEW CLASS</b>
5.45am	<b>Outdoor Fitness Circuit</b> with Extraining at Power Memorial Park in Mudjimba
6.00am	<b>Yoga by the Lake</b> with Fleur Michaels in the park overlooking Lake Kawana at Bokarina – <b>ONLY \$5 FOR EVERYONE</b>
6.00am	<b>Heart Foundation Walking – Twin Waters Walking Group</b> with volunteer Walk Organiser Alannah in Twin Waters – <b>FREE</b>
6.00am	<b>Heart Foundation Walking – Palmview walk &amp; talk</b> with volunteer Walk Organiser Melissa in Palmview – <b>FREE</b>
6.15am	<b>Heart Foundation Walking – Hearty Alex Walkers</b> with volunteer Walk Organiser Del in Alexandra Headland – <b>FREE</b>
6.30am	<b>Qi Gong</b> with Wayne Brooks at Beach Access 163 in Alexandra Headland
6.30am	<b>Heart Foundation Walking – Mooloolah Walkers</b> with volunteer Walk Organiser Anne in Mooloolah Valley – <b>FREE</b>
7.00am	<b>Heart Foundation Walking – Buderim Heart Beats</b> with volunteer Walk Organiser Lynne in Buderim – <b>FREE</b>
7.00am	<b>Heart Foundation Walking – Mapleton Movers</b> with volunteer Walk Organiser Donna in Mapleton – <b>FREE</b>
7.30am	<b>Heart Foundation Walking – Sunshine Plaza – Healthy Heart Walkers</b> with volunteer Walk Organiser Alison at the Sunshine Plaza, Maroochydore – <b>FREE</b>
7.45am	<b>Outdoor Fitness Circuit</b> with Extraining at Power Memorial Park in Mudjimba
8.30am	<b>Flex &amp; Flow*</b> with FlowSt8 in Maroochydore – <b>FREE</b> *PLEASE NOTE THIS IS NOT A HEALTHY SUNSHINE COAST-FUNDED CLASS AND IS OFFERED INDEPENDENTLY OF SUNSHINE COAST COUNCIL
9.00am	<b>Chair Yoga, Mobility and Movement</b> with Kyah Rynne in Kenilworth
9.30am	<b>Resolve Seniors Fitness</b> with Resolve Fitness in Caloundra – <b>CANCELLED 25 FEBRUARY</b>
9.30am	<b>Functional Circuit Training</b> with Gaye Becker in Buderim
10.00am	<b>Chair Yoga for All Abilities</b> with Sarah White from Breathe Yoga Space in Maroochydore
10.00am	<b>Strength and Stability for Older People</b> with Range Community Gym and Fitness Centre in Mapleton

10.30am	<b>MIND FIT</b> with Theresa Walker-Langley in Buddina
4.45pm	<b>Toning Pilates*</b> 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	<b>Dragon Boat Paddling for Women*</b> 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 CLASS AND IS OFFERED INDEPENDENTLY OF SUNSHINE COAST COUNCIL

## Thursday

5.45am	<b>Outdoor Exercise</b> with Extraining at Bokarina Boulevard Park in Bokarina
7.45am	<b>Qi Gong at Bankfoot</b> with Theresa Walker-Langley at Bankfoot House, Glass House Mountains
8.00am	<b>Circuit</b> with Worx Health and Fitness in Maroochydore
9:30am	<b>Yoga in the Park</b> with Selina Stewart at Martin Rungert Park in Mooloolah Valley
9.30am	<b>Stockland Chair Yoga</b> with Sue Moore at Stockland Birtinya Shopping Centre – <b>FREE. CHECK WEBSITE FOR DETAILS OF WHEN CLASSES ARE HELD</b>
9.30am	<b>Chair Yoga*</b> 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	<b>Fun, Fitness and Strength for All Abilities</b> with FITCare Support Services in Maroochydore (Buderim)
10.30am	<b>Zumba with Tianna</b> in Mudjimba – <b>PLEASE NOTE NEW DAY, TIME AND VENUE</b>
11.00am	<b>Ageless Grace Brain Health Movement with Music</b> with Vicki Doolan in Caloundra
11.15am	<b>PrYme Lite</b> at the YMCA Caloundra in Caloundra
12.30pm	<b>Chair Yoga for All Abilities</b> with Sarah White from Breathe Yoga Space in Coolum Beach
2.45pm	<b>Strength and Stability for Older People</b> with Range Community Gym and Fitness Centre in Mapleton
3.45pm	<b>Kid's Yoga and Mindfulness</b> with Erica Romano in Maroochydore – <b>OFFERED IN SCHOOL TERMS ONLY</b>

**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

**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

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**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**

## 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 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 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

## 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 COMMENCING 22 FEBRUARY 2026**

**10.00am\* Family KidzArT & Relax** with Anna Kilpatrick at the Kawana Island Meeting Place in Parrearra – **NO SESSION IN FEBRUARY AND MAY**

\* Monthly - second Sunday of the month

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

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**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](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](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](mailto:healthysc@sunshinecoast.qld.gov.au)