

Health and Wellbeing Activities 2026

Correct as at 23.09.26

Please note that activities marked with an asterisk * are not Healthy Sunshine Coast funded classes and are offered independently of Sunshine Coast Council.

Monday

5.45am	Outdoor Fitness Circuit with Extraining at Power Memorial Park in Mudjimba – CLASS WILL BE RUNNING AS SCHEDULED ON PUBLIC HOLIDAY, MONDAY 5 OCTOBER
6.15am	Heart Foundation Walking – Hearty Alex Walkers with volunteer Walk Organiser Del in Alexandra Headland – FREE
7.00am	Heart Foundation Walking – Mapleton Movers with volunteer Walk Organiser Donna in Mapleton – FREE
7.15am	Heart Foundation Walking – Caloundra Happy Valley Walkers with volunteer Walk Organiser Jake in Caloundra – FREE. PLEASE NOTE JAKE WILL SHORTLY BE LEAVING THE AREA, SO A NEW WALK ORGANISER IS NEEDED. PLEASE CONTACT JAKE IN YOU ARE KEEN TO TAKE IT OVER - DETAILS ON THE WEBSITE
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 – CLASS WILL BE RUNNING AS SCHEDULED ON PUBLIC HOLIDAY, MONDAY 5 OCTOBER
8.00am	Weights and Core with All in One Fitness in Beerwah – CANCELLED ON PUBLIC HOLIDAY, MONDAY 5 OCTOBER
8.45am	Circuit with Worx Health and Fitness in Maroochydore – CANCELLED ON PUBLIC HOLIDAY, MONDAY 5 OCTOBER
9.00am	Aqua Aerobics with BlueFit Sunshine Coast in Eumundi – CANCELLED ON PUBLIC HOLIDAY, MONDAY 5 OCTOBER
9.15am	Dance Exercise Movement with Sue Johnson in Coolum Beach – CANCELLED ON 5, 12 AND 19 OCTOBER
9.30am	Mat Pilates for Everyone with Pilates and Co at Buderim Lions Park in Buderim – OFFERED IN SCHOOL TERMS ONLY. CANCELLED ON PUBLIC HOLIDAY, MONDAY 5 OCTOBER
10.00am	Strength and Stability for Older People with Range Community Gym and Fitness Centre in Mapleton – CANCELLED ON PUBLIC HOLIDAY, MONDAY 5 OCTOBER
10.00am	Movers & Shakers “Silver Legends” - Fun and Fitness for Seniors* with Kym Cousins in Caloundra (<i>Independent Class</i>)

- 4.00pm Gentle Yoga** with Terri Andrew in Buddina (Kawana) – **CLASS WILL BE RUNNING AS SCHEDULED ON PUBLIC HOLIDAY, MONDAY 5 OCTOBER**
- 4.30pm Chair Yoga*** with Sue Moore in Caloundra (*Independent Class*)
- Weekly, except the first Monday of the month.
- 4.45pm Weight Loss Circuit*** with Worx Health and Fitness in Maroochydore (*Independent Class*)
- 5.00pm Dragon Boat Paddling for Women*** with SCDA Mavericks Dragon Boat Club at the boat ramp at Maroochy Waterfront Camp in Diddillibah (*Independent Class*)
- 5.30pm The Practice of Mindfulness for Stress Reduction** with Sue Moore in Caloundra – **ALL CLASSES IN SEPTEMBER ARE CANCELLED**
- Weekly, except the first Monday of the month

Tuesday

- 5.30am Heart Foundation Walking - BMF Walkers** with Body Mechanics and Function in Maroochydore – **FREE**
- 6.45am Heart Foundation Walking - Ninderry Trail Mates** with volunteer Walk Organiser Janet in Ninderry – **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
- 10.00am Yoga in the Park** with Michelle Freeman at Quota Memorial Park, Nambour – **FREE**
- 10.30am Laughter Yoga** with Po Mei Kwong in Caloundra
- First and third Tuesday of the month
- 10.30am Zumba with Tianna** in Buderim – **ALL CLASSES IN SEPTEMBER ARE CANCELLED**
- 10.30am Tai Chi \$5 Class** with Synergy Performance Institute in Forest Glen – **\$5 FOR EVERYONE. CLASSES ARE PAUSED UNTIL 30 OCTOBER - RESUMING ON 3 NOVEMBER**
- 11.00am Brain Health Fitness*** with Vicki Doolan in Palmview (*Independent Class*)
- 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 (*Independent Class*)

Wednesday

5.00am	Sunrise Men's Gathering with Dallas Renshaw at Beach Access 124 in Mudjimba
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	Men's Community Yoga & Wellbeing with Kayur Kotecha in Currimundi
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	Qi Gong on the Beach with Wayne Brooks at Beach Access 163 in Alexandra Headland
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 – CANCELLED 14 AND 28 OCTOBER AND 18 NOVEMBER
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 at Range Community Gym and Fitness Centre Mapleton
10.30am	MIND FIT with Theresa Walker-Langley in Buddina
11.00am	Fusion \$5 Class with Synergy Performance Institute in Forest Glenn
4.45PM	Toning Pilates* with Worx Health and Fitness in Maroochydore (<i>Independent Class</i>)
5.00pm	Dragon Boat Paddling for Women* with SCDA Mavericks Dragon Boat Club at the boat ramp at Maroochy Waterfront Camp in Diddillibah (<i>Independent Class</i>)

Thursday

5.45am	Outdoor Exercise with Extraining at Bokarina Boulevard Park in Bokarina
6.30am	Qigong with Sue Pope at Beach Access 266 Dicky Beach
8.45am	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 Kawana Island Meeting Place in Meridan Plains (<i>Independent Class</i>). Various dates, check Healthy Sunshine Coast website for details
10.15am	Fun, Fitness and Strength for All Abilities with FITCare Support Services in Maroochydore (Buderim)
11.00am	Brain Health Fitness with Vicki Doolan in Caloundra
11.15am	PrYme Lite at the YMCA Caloundra in Caloundra
12.30pm	Chair Yoga for All Abilities with Victoria Sutton from Dragonfly Health Space in Coolum Beach
2.45pm	Strength and Stability for Older People with Range Community Gym and Fitness Centre in Mapleton
3.00pm	Heart Foundation Walking - Currimundi Coastal Walkers with volunteer Walk Organiser Lesley in Currimundi – FREE. WALKS WILL START AT 4.30PM FROM OCTOBER
3.45pm	Kid's Yoga and Mindfulness with Erika Romano in Forest Glen – CANCELLED 1 OCTOBER AND 8 OCTOBER. OFFERED IN SCHOOL TERMS ONLY
4.45pm	Relaxing Yoga* with Worx Health and Fitness in Maroochydore (<i>Independent Class</i>)

Friday

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	Tai Chi and Qi Gong with Nathan Coxsen from Chenstyle Tai Chi Australia at Beach Access 124 in Mudjimba

- 6.45am Heart Foundation Walking - Ninderry Trail Mates** with volunteer Walk Organiser Janet in Ninderry – **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 – **CANCELLED 11 SEPTEMBER TO 30 OCTOBER, RESUMING ON 6 NOVEMBER**
- 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 (*Independent Class*)
- 9.40am Gentle Yoga** 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
- 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 (*Independent Class*)
- 6.30am QiGong on the Beach** with Wayne Brooks at Beach Access 163 in Alexandra Headland
- 7.00am Mat Pilates for All Ages and Abilities** with Manuel Alcázar Rojo 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

7.45am - 10.30am **Bushwalk - Combined Trachyte & Tibrogargan Circuit** on Saturday 26 September with Sunshine Coast Bushwalking Club in Glass House Mountains – **ONE OF A SERIES OF FOUR BUSHWALKS OFFERED BY THE SUNSHINE COAST BUSHWALKING CLUB IN SEPTEMBER**

10.30am **Laughter Yoga with Po** at Buderim Lions Park, Buderim
- Monthly - second Saturday of the month

Sunday

7.45am - 10.30am **Bushwalk - Ewen Maddock Dam Main Track** on Sunday 27 September with Sunshine Coast Bushwalking Club in Mooloolah Valley – **ONE OF A SERIES OF FOUR BUSHWALKS OFFERED BY THE SUNSHINE COAST BUSHWALKING CLUB IN SEPTEMBER. PLEASE NOTE THIS BUSHWALK HAS BEEN RESCHEDULED FROM 12 SEPTEMBER AS THAT WALK WAS CANCELLED DUE TO RAIN**

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 – **OFFERED IN SCHOOL TERMS ONLY**

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