

Health and Wellbeing Activities 2026

Correct as at 25.5.26

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

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 |
| 6.15am | Heart Foundation Walking – Ninderry Trail Mates with volunteer Walk Organiser Janet in Ninderry – FREE |
| 6.30am | Sunrise Fitness with Suncoast Wellness on Chambers Island in Maroochydore – PLEASE NOTE NEW TIME |
| 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 |
| 8.45am | 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 |
| 9.00am - 12.30pm | Gut Microbiome - the key to your health Workshop on 15 June to 13 July (six weeks) at the Kawana Island Meeting Place in Parrearra (Kawana) – NEW |
| 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 (<i>Independent Class</i>)
- 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
- Weekly, except the first Monday of the month

Tuesday

- 5.30am **Heart Foundation Walking - BMF Walkers** with Body Mechanics and Function in Maroochydore – **FREE. NEW WALK**
- 6.00am **Heart Foundation Walking - Palmview walk & talk** with volunteer Walk Organiser Melissa in Palmview – **FREE**
- 6.45am **Meditation with Brahma Kumaris Centres for Spiritual Learning** in Tickle Park, Coolum Beach – **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
- 10.30am **Laughter Yoga** with Po Mei Kwong in Caloundra – **CANCELLED 7 JULY**
- 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**
- 11.00am **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 Cristian Trujillo 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	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 – CANCELLED 27 MAY AND 24 JUNE
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 – NEW CLASS
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
7.45am	Qi Gong at Bankfoot with Theresa Walker-Langley at Bankfoot House, Glass House Mountains
8.45am	Circuit with Worx Health and Fitness in Maroochydore
9.30am - 11.30am	my strength and balance Workshop on 11 June at Buderim War Memorial Hall, Buderim; 18 June at Nambour Red Cross hall, Nambour; and 25 June at Maleny Community Centre, Maleny – NEW
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 Parrearra (<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	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 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
3.45pm	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 (<i>Independent Class</i>)

Friday

5.45am	Outdoor Fitness Circuit with Extraining at Power Memorial Park in Mudjimba – CLASS WILL BE HELD ON NAMBOUR SHOW DAY FRIDAY 12 JUNE
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 Tai Chi and Qi Gong** with Nathan Coxsen from Chenstyle Tai Chi Australia at Beach Access 124 in Mudjimba – **NEW CLASS. – CLASS WILL BE HELD ON NAMBOUR SHOW DAY FRIDAY 12 JUNE**
- 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 – **CLASS WILL BE HELD ON NAMBOUR SHOW DAY FRIDAY 12 JUNE**
- 8.00am Movement and Stability with Weights** with All in One Fitness in Beerwah – **CANCELLED MALENY SHOW DAY 29 MAY**
- 8.00am Aqua Aerobics** with Belgravia Leisure in Nambour
- 9.30am Yoga** with Theresa Walker-Langley in Maleny – **CANCELLED MALENY SHOW DAY 29 MAY**
- 9.30am Dance Exercise - Movement to Music*** with Sue Johnson in Buderim (*Independent Class*)
- 9.40am Yoga for Everyone** with Terri Andrews in Maroochydore – **CLASS WILL BE HELD ON NAMBOUR SHOW DAY FRIDAY 12 JUNE**
- 10.00am Strength and Stability for Older People** with Range Community Gym and Fitness Centre in Mapleton – **CLASS WILL BE HELD ON NAMBOUR SHOW DAY FRIDAY 12 JUNE**
- 10.00am Qi Gong and Meditation** with Jeanie and Paul Mallard in Currimundi – **CLASS WILL BE HELD ON MALENY SHOW DAY FRIDAY 28 MAY**
- 11.00am Fusion \$5 Class** with Synergy Performance Institute in Forest Glen – **\$5 FOR EVERYONE. CANCELLED NAMBOUR SHOW DAY 12 JUNE**

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*)
- 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. CANCELLED 11 JULY**
- 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**
- 10.00am Family KidzArT & Relax** with Anna Kilpatrick at the Kawana Island Meeting Place in Parrearra
- Monthly - 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.

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