

Correct as of 8 December 2025

Monday

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| 5.45am | Outdoor Fitness Circuit with Extraining at Power Memorial Park in Mudjimba |
| 6.00am | Sunrise Fitness with Katharina Hillen at Chambers Island in 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 |
| 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 |
| 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 |
| 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 |
| 5.30pm* | The Practice of Mindfulness for Stress Reduction with Sue Moore in Caloundra *Except the first Monday of the month |

Tuesday

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| 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 – NEW CLASS |
| 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 FEBRUARY 2026 *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 **PLEASE NOTE THIS IS NOT A HEALTHY SUNSHINE COAST-FUNDED CLASS AND IS OFFERED INDEPENDENTLY OF SUNSHINE COAST COUNCIL |

Wednesday

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|---------|---|
| 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 – NEW CLASS |
| 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 |
| 8.30am | Flex & Flow* with FlowSt8 in Maroochydore – FREE *PLEASE NOTE THIS IS NOT A HEALTHY SUNSHINE COAST-FUNDED CLASS AND IS OFFERED INDEPENDENTLY OF SUNSHINE COAST COUNCIL |
| 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 – CANCELLED UNTIL 2026 |
| 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 |

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| 4.45pm | Toning Pilates* 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 |
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Thursday

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| 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 *PLEASE NOTE THIS IS NOT A HEALTHY SUNSHINE COAST-FUNDED CLASS AND IS OFFERED INDEPENDENTLY OF SUNSHINE COAST COUNCIL |
| 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 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 |
| 4.45pm | Relaxing Yoga* 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 |

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 | Tai Chi \$5 Class with Synergy Performance Institute in Forest Glen – \$5 FOR EVERYONE |
| 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 |
| 9.00am | Tai Chi with Zhongmin (Shin ru) Neilson in Maroochydore – FROM 2026, CLASS WILL BE HELD ON SUNDAYS AT 8AM |
| 9.30am | Zumba with Tianna in Bli Bli |
| 9.30am | Yoga with Theresa Walker-Langley in Maleny |
| 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) – NEW CLASS COMMENCING IN 2026

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

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

*Monthly - second Saturday of the month

11.30am Circle of Joy: Improv & Laughter Yoga* with Po Mei in Conondale on Saturday 6 December

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Sunday

7.30am Blended Yoga with Yoga NRG in Coolum Beach

8.00am Tai Chi with Zhongmin (Shin ru) Neilson in Maroochydore – **FROM 2026**

8.30am* Reconnecting with Nature with Jay Ridgewell at the Maroochydore Regional Bushland Botanic Gardens in Tanawha

*Monthly - first Sunday of the month

10.00am* Family KidzArT & Relax with Anna Kilpatrick at the Kawana Island Meeting Place in Parrearra

* Monthly - second Sunday of the month

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



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

FESTIVE SEASON BREAK

The Healthy Sunshine Coast program will be taking a break over the Festive Season.

The final sessions will be held on **Sunday, 14 December 2025** and the program will recommence on **Tuesday, 27 January 2026**.