

Monday

- 5.45am Outdoor Fitness Circuit** with Extraining in Mudjimba
- 5.45am Sunrise Fitness** with Katharina Hillen at Chambers Island, 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**
- 8.00am Weights and Core** with All in One Fitness in Beerwah
- 8.00am Circuit** with Worx Health and Fitness in Maroochydore
- 9.00am Aqua Aerobics** with BlueFit Sunshine Coast in Eumundi
- 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)
- 5.30pm* The Practice of Mindfulness for Stress Reduction** with Sue Moore in Caloundra.
*Except the first Monday of the month

Tuesday

- 5.45am Outdoor Fitness Circuit** with Extraining in Mudjimba
- 5.45am Heart Foundation Walking - Palmview walk & talk** with volunteer Walk Organiser Melissa in Palmview – **FREE. NEW WALK**
- 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**
- 9.30am Mum and Bubs Fitness** with Gaye Becker in Buddina (Kawana) – **CANCELLED 4 AND 11 MARCH ONLY**
- 10.00am MIND FIT** with Theresa Walker-Langley in Maleny
- 10.00am Fun, Fitness and Strength for All Abilities** with FITCare Support Services in Maroochydore (Buderim)

- 10.30am **Zumba with Tianna** in Buderim – **RETURNING 4 MARCH**
- 10.30am* **Laughter Yoga** with Po Mei Kwong in Caloundra
*First and third Tuesday of the month
- 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

Wednesday

- 5.45am **Outdoor Fitness Circuit** with Extraining in Mudjimba
- 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 **Morning Rise Yoga** with Masha Lim-Nadiraschwili in Bokarina
- 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**
- 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 Maleny

Thursday

5.45am	Outdoor Fitness Circuit with Extraining in Mudjimba
5.45am	Heart Foundation Walking - Palmview walk & talk with volunteer Walk Organiser Melissa in Palmview – FREE
7.45am	Qi Gong at Bankfoot with Theresa Walker-Langley at Bankfoot House, Glass House Mountains
8.00am	Aqua Aerobics with Belgravia Leisure in Nambour
8.00am	Circuit with Worx Health and Fitness in Maroochydore
9:30am	Yoga in the Park with Selina Stewart in Mooloolah Valley
9.30am*	Stockland Chair Yoga with Sue Moore at Stockland Birtinya Shopping Centre – FREE. CONTINUING UNTIL 10 APRIL 2025 (DEPENDING ON INTEREST IT MAY CONTINUE BEYOND THIS DATE) *Fortnightly
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
2.00pm	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
5.15pm	Tai Chi \$5 Class with Synergy Performance Institute in Forest Glen – \$5 FOR EVERYONE

Friday

5.45am	Outdoor Fitness Circuit with Extraining in Mudjimba
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
6.30am	Soulful Sisters - Friday Yin Yoga & Breakfast with Steph Cox in Mudjimba – NEW CLASS

- 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**
- 8.00am **Movement and Stability with Weights** with All in One Fitness in Beerwah
- 9.30am **Tai Chi** with Zhongmin (Shin Ru) Neilson in Maroochydore
- 9.30am **Zumba with Tianna** in Bli Bli
- 9.30am **Yoga** with Theresa Walker-Langley in Maleny
- 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
- 11.00am **Fusion \$5 Class** with Synergy Performance Institute in Forest Glen – **\$5 FOR EVERYONE**

Saturday

- 7.00am **Outdoor Mat Pilates** with Simone Reesby and Natasha Bruce in Palmwoods
- 7.00am **Mat Pilates in the Gardens** with Nichola Stevenson at the Maroochy Regional Bushland Botanic Gardens
- 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

Sunday

- 7.30am **Blended Yoga** with Yoga NRG in Coolum Beach
- 8.30am* **Reconnecting with Nature** with Jay Ridgewell at the Maroochydore Regional Bushland Botanic Gardens
*First and third Sunday of the month
- 10.00am* **Family KidzArT & Relax** with Anna Kilpatrick at the Kawana Island Meeting Place – **SESSION IN APRIL WILL BE HELD ON FRIDAY 11 APRIL (DURING THE SCHOOL HOLIDAYS)**
* 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 VIA THE DETAILS FOR ALL THE HEALTHY SUNSHINE COAST ACTIVITIES LINK

<https://www.sunshinecoast.qld.gov.au/living-and-community/community-support/healthy-and-active/healthy-sunshine-coast>