

Correct as of 10 February 2026

Monday

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	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

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 – FREE. CANCELLED IN FEBRUARY, WITH THE FIRST SESSION ON 31 MARCH
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 AND 17 MARCH <small>*First and third Tuesday of the month</small>
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 <small>*PLEASE NOTE THIS IS NOT A HEALTHY SUNSHINE COAST-FUNDED CLASS AND IS OFFERED INDEPENDENTLY OF SUNSHINE COAST COUNCIL</small>

Wednesday

5.00am	Sunrise Men's Gathering with Cristian Trujillo at Beach Access 124 in Mudjimba – NEW CLASS
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
8.30am	Flex & Flow* with FlowSt8 in Maroochydore – FREE <small>*PLEASE NOTE THIS IS NOT A HEALTHY SUNSHINE COAST-FUNDED CLASS AND IS OFFERED INDEPENDENTLY OF SUNSHINE COAST COUNCIL</small>
9.00am	Chair Yoga, Mobility and Movement with Kyah Rynne in Kenilworth
9.30am	Resolve Seniors Fitness with Resolve Fitness in Caloundra – CANCELLED 25 FEBRUARY
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 Buddina

4.45pm **Toning Pilates*** with Worx Health and Fitness in Maroochydore

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Thursday

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

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10.15am **Fun, Fitness and Strength for All Abilities** with FITCare Support Services in Maroochydore (Buderim)

10.30am **Zumba with Tianna** in Mudjimba – **PLEASE NOTE NEW DAY, TIME AND VENUE**

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 – **OFFERED IN SCHOOL TERMS ONLY**

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

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 Paruszewska 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

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