

Monday

- 5.45am** Outdoor Fitness Circuit with Extraining in Mudjimba
- 6.00am** Sunrise Fitness with Katharina Hillen – **6.00AM OVER THE WINTER MONTHS**
- 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 Swim Fit Sunshine Coast in Eumundi
- 9.15am** Jazzercise with Leanne Paix in Nambour
- 10.00am** Strength and Stability for Older People with Range Community Gym and Fitness in Mapleton
- 3.45pm** Kid's Yoga with Zenko Yoga in Maroochydore
- 4.00pm** Gentle Yoga with Fleur Michaels in Kawana
- 5.30pm** (except the first Monday of the month) The Practice of Mindfulness for Stress Reduction with Sue Moore in Caloundra

Tuesday

- 5.45am** Outdoor Fitness Circuit with Extraining in Mudjimba
- 8.00am** Aqua Aerobics with Belgravia Leisure in Nambour – **PLEASE NOTE THE CHANGE IN TIME TO 8.00AM**
- 10.00am** MIND FIT with Theresa Walker-Langley in Maleny
- 10.00am** Fun, Fitness and Strength with FITCare Support Services in Maroochydore (Buderim)
- 10.30am** Zumba with Tianna in Buderim
- 10.30am** (first and third Tuesday of the month) Laughter Yoga with Po Mei Kwong in Caloundra – **PLEASE NOTE THE CHANGE IN TIME TO 10.30AM**
- 11.15pm** PrYme Lite at YMCA Caloundra in Caloundra
- 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	Morning Rise Yoga with Masha Lim-Nadiraschwili in Bokarina
8.15am	Gentle Flow Yoga with Alasdair Percy in Peregian Springs
9.00am	Chair Yoga, Mobility and Movement with Kyah Rynne in Kenilworth – NEW CLASS
9.30am	Resolve Seniors Fitness with Resolve Fitness in Caloundra
10.00am	Chair Yoga for All Abilities with Sarah Chancellor in Maroochydore from Breathe Yoga Space in Maroochydore
11.15am	Balance and Stability with Worx Health and Fitness in Buderim
11.30am	Carer's Health and Fitness with Full Circle Wellness in Dicky Beach – NEW CLASS ONLY UNTIL 14 AUGUST (SUBJECT TO INTEREST)

Thursday

5.45am	Outdoor Fitness Circuit with Extraining in Mudjimba
7.30am	Yoga for Everyone with Zenko Yoga in Maroochydore
7.45am	Yoga@Bankfoot with Theresa Walker-Langley at Bankfoot House, Glass House Mountains
8.00am	Aqua Aerobics with Belgravia Leisure in Nambour
9.30am	Yoga in the Park with Selina Stewart in Mooloolah
11.00am	Ageless Grace Brain Health Movement with Music with Vicki Doolan in Caloundra
11.15am	PrYme Lite at the YMCA Caloundra in Caloundra
11.15am	Circuit with Worx Health and Fitness in Maroochydore
2.45pm	Strength and Stability for Older People with Range Community Gym and Fitness in Mapleton

Friday

- 5.45am Outdoor Fitness Circuit** with Extraining in Mudjimba
- 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** with Tianna Balmer in Bli Bli
- 10.00am Strength and Stability for Older People** with Range Community Gym and Fitness in Mapleton
- 11.00am Fusion** with Synergy Performance Institute in Forest Glen
- 5.00pm Jazzercise** with Leanne Paix in Nambour

Saturday

- 7.00am Mat Pilates on the Green** with Tegan Shepherd and Natasha Bruce in Palmwoods
- 8.00am Mat Pilates in the Gardens** with Nichola Stevenson at Maroochy Regional Botanic Gardens

Sunday

- 7.00am Blended Yoga** with Yoga NRG in Coolum
- 8.30am** (first and third Sunday of the month) **Reconnecting with Nature** with Jay Ridgewell at Maroochy Regional Botanic Gardens
- 9.00am Laughter Yoga** with Po Mei Kwong in Maleny
- 12.00pm** (MONTHLY - third Sunday of the month) **Family KidzArT & Relax** with Anna Kilpatrick at the Kawana Island Meeting Place – **PLEASE NOTE CHANGE OF TIME TO 12.00PM ON 21 JULY, 18 AUGUST AND 15 SEPTEMBER ONLY. BACK TO 11.00AM FROM 20 OCTOBER**

PLEASE NOTE:

- You must be registered for the program to join in the activities – please register on the Healthy Sunshine Coast website (details below)
- All 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 lower cost of \$5 for everyone – please check website for details

CHECK THE HEALTHY SUNSHINE COAST WEBSITE ON HOW TO REGISTER FOR THE PROGRAM, AND FOR UP-TO-DATE DETAILS AND BOOKING ARRANGEMENTS FOR CLASSES VIA THE ACTIVITIES PORTAL LINK ON THIS PAGE

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