

Correct as of 23 April 2026

## Monday

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| 5.45am  | <b>Outdoor Fitness Circuit</b> with Extraining at Power Memorial Park in Mudjimba – <b>CANCELLED 27 APRIL. CLASS WILL BE HELD LABOUR DAY 4 MAY</b>  |
| 5.45am  | <b>Sunrise Fitness</b> with Suncoast Wellness on Chambers Island in Maroochydore – <b>NEW CLASS</b>   |
| 6.15am  | <b>Heart Foundation Walking – Hearty Alex Walkers</b> with volunteer Walk Organiser Del in Alexandra Headland – <b>FREE</b>   |
| 6.15am  | <b>Heart Foundation Walking – Ninderry Trail Mates</b> with volunteer Walk Organiser Janet in Ninderry – <b>FREE. NEW GROUP</b>   |
| 6.30am  | <b>Heart Foundation Walking – Mooloolah Walkers</b> with volunteer Walk Organiser Anne in Mooloolah Valley – <b>FREE</b>  |
| 7.00am  | <b>Heart Foundation Walking – Mapleton Movers</b> with volunteer Walk Organiser Donna in Mapleton – <b>FREE</b>   |
| 7.30am  | <b>Heart Foundation Walking – Caloundra Physio Centre Happy Walkers</b> with volunteer Walk Organiser Jake in Caloundra – <b>FREE</b>   |
| 7.30am  | <b>Heart Foundation Walking - Dicky Beach Walking Group</b> with volunteer Walk Organiser Sue in Dicky Beach – <b>FREE</b>  |
| 7.45am  | <b>Outdoor Fitness Circuit</b> with Extraining at Power Memorial Park in Mudjimba – <b>CANCELLED 27 APRIL. CLASS WILL BE HELD LABOUR DAY 4 MAY</b>  |
| 8.00am  | <b>Weights and Core</b> with All in One Fitness in Beerwah – <b>CANCELLED LABOUR DAY 4 MAY</b>  |
| 9.00am  | <b>Circuit</b> with Worx Health and Fitness in Maroochydore – <b>CANCELLED LABOUR DAY 4 MAY</b>   |
| 9.00am  | <b>Aqua Aerobics</b> with BlueFit Sunshine Coast in Eumundi – <b>CLASS WILL BE HELD LABOUR DAY 4 MAY</b>  |
| 9.15am  | <b>Dance Exercise Movement</b> with Sue Johnson in Coolum Beach   |
| 10.00am | <b>Strength and Stability for Older People</b> with Range Community Gym and Fitness Centre in Mapleton – <b>CANCELLED LABOUR DAY 4 MAY</b>  |
| 4.00pm  | <b>Gentle Yoga</b> with Fleur Michaels in Buddina (Kawana) – <b>CANCELLED LABOUR DAY 4 MAY</b>  |
| 4.30pm  | <b>Chair Yoga*</b> with Sue Moore in Caloundra<br>*Except the first Monday of the month.<br>*PLEASE NOTE THIS IS NOT A HEALTHY SUNSHINE COAST-FUNDED CLASS AND IS OFFERED INDEPENDENTLY OF SUNSHINE COAST COUNCIL |
| 4.45pm  | <b>Weight Loss Circuit*</b> 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

**5.00pm** **Dragon Boat Paddling for Women\*** with SCDA Mavericks Dragon Boat Club at the boat ramp at Maroochy Waterfront Camp in Diddillibah

\*PLEASE NOTE THIS IS NOT A HEALTHY SUNSHINE COAST-FUNDED ACTIVITY 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**

**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

\*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**

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## Wednesday

5.00am	<b>Sunrise Men's Gathering</b> with Cristian Trujillo at Beach Access 124 in Mudjimba
5.45am	<b>Outdoor Fitness Circuit</b> with Extraining at Power Memorial Park in Mudjimba
6.00am	<b>Yoga by the Lake</b> with Fleur Michaels in the park overlooking Lake Kawana at Bokarina – <b>ONLY \$5 FOR EVERYONE</b>
6.00am	<b>Heart Foundation Walking – Twin Waters Walking Group</b> with volunteer Walk Organiser Alannah in Twin Waters – <b>FREE</b>
6.00am	<b>Heart Foundation Walking – Palmview walk &amp; talk</b> with volunteer Walk Organiser Melissa in Palmview – <b>FREE</b>
6.15am	<b>Heart Foundation Walking – Hearty Alex Walkers</b> with volunteer Walk Organiser Del in Alexandra Headland – <b>FREE</b>
6.30am	<b>Qi Gong</b> with Wayne Brooks at Beach Access 163 in Alexandra Headland
6.30am	<b>Heart Foundation Walking – Mooloolah Walkers</b> with volunteer Walk Organiser Anne in Mooloolah Valley – <b>FREE</b>
7.00am	<b>Heart Foundation Walking – Buderim Heart Beats</b> with volunteer Walk Organiser Lynne in Buderim – <b>FREE</b>
7.00am	<b>Heart Foundation Walking – Mapleton Movers</b> with volunteer Walk Organiser Donna in Mapleton – <b>FREE</b>
7.30am	<b>Heart Foundation Walking – Sunshine Plaza – Healthy Heart Walkers</b> with volunteer Walk Organiser Alison at the Sunshine Plaza, Maroochydore – <b>FREE</b>
7.45am	<b>Outdoor Fitness Circuit</b> with Extraining at Power Memorial Park in Mudjimba
9.00am	<b>Chair Yoga, Mobility and Movement</b> with Kyah Rynne in Kenilworth
9.30am	<b>Resolve Seniors Fitness</b> with Resolve Fitness in Caloundra – <b>CANCELLED 13 AND 27 MAY</b>
9.30am	<b>Functional Circuit Training</b> with Gaye Becker in Buderim – <b>CANCELLED 29 APRIL</b>
10.00am	<b>Chair Yoga for All Abilities</b> with Sarah White from Breathe Yoga Space in Maroochydore
10.00am	<b>Strength and Stability for Older People</b> with Range Community Gym and Fitness Centre in Mapleton
10.30am	<b>MIND FIT</b> with Theresa Walker-Langley in Buddina
4.45pm	<b>Toning Pilates*</b> 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

**5.00pm** **Dragon Boat Paddling for Women\*** with SCDA Mavericks Dragon Boat Club at the boat ramp at Maroochy Waterfront Camp in Diddillibah  
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## 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

**8.00am** **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)

**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 – **NEW PROVIDER**

**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  
\*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
- 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
- 6.00am Dragon Boat Paddling for Women\*** with SCDA Mavericks Dragon Boat Club at the boat ramp at Maroochy Waterfront Camp in Diddillibah  
\*PLEASE NOTE THIS IS NOT A HEALTHY SUNSHINE COAST-FUNDED CLASS AND IS OFFERED INDEPENDENTLY OF SUNSHINE COAST COUNCIL
- 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 Maroochyore Regional Bushland Botanic Gardens in Tanawha
- 10.30am\* Laughter Yoga with Po** at Buderim Lions Park, Buderim – **NEW CLASS**  
\*Monthly - second Saturday of the month

## Sunday

- 8.30am\* Reconnecting with Nature** with Jay Ridgewell at the Maroochyore 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 – **SESSION IN MAY IS CANCELLED**  
\* 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](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](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](mailto:healthysc@sunshinecoast.qld.gov.au)