

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
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)
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
6.00am	Heart Foundation Walking - Palmview walk & talk with volunteer Walk Organiser Melissa in Palmview – FREE. PLEASE NOTE NEW TIME OVER THE COOLER MONTHS
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)
9.30am-12.30pm	Unlock the Power of Lifestyle Medicine with Nourished in Nambour with Jenny Blagdon and Wayne Speirs – COMMENCING 10 JUNE FOR FOUR WEEKS ONLY

10.00am	MIND FIT with Theresa Walker-Langley in Maleny – CANCELLED 29 JULY
10.00am	Fun, Fitness and Strength for All Abilities with FITCare Support Services in Maroochydhore (Buderim)
10.30am	Zumba with Tianna in Buderim
10.30am*	Laughter Yoga with Po Mei Kwong in Caloundra – CANCELLED 1 JULY *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
6.00am	Heart Foundation Walking - Palmview walk & talk with volunteer Walk Organiser Melissa in Palmview – FREE. EXTRA DAY FOR THIS WALK
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	Yoga by the Lake with Fleur Michaels in Bokarina – NEW TIME OVER THE COOLER MONTHS. ONLY \$5 FOR EVERYONE
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, Maroochydhore – 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 Maroochydhore
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 – CANCELLED 30 JULY

Thursday

5.45am	Outdoor Exercise with Extraining in Bokarina – NEW CLASS
5.45am	Heart Foundation Walking - Palmview walk & talk with volunteer Walk Organiser Melissa in Palmview – FREE
6.30am	Soulful Sisters - Thursday Yin Yoga & Breakfast with Steph Cox in Dicky Beach – NEW CLASS. COMMENCING SHORTLY
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 in Mooloolah Valley
9.30am	Stockland Chair Yoga with Sue Moore at Stockland Birtinya Shopping Centre – FREE. NEXT SESSION 26 JUNE. GREAT NEWS - CLASSES HAVE BEEN EXTENDED UNTIL DECEMBER 2025. CHECK WEBSITE FOR DETAILS OF WHEN CLASSES ARE HELD
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 – CANCELLED 10 JULY
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 – CANCELLED DURING THE SCHOOL HOLIDAYS
5.15pm	Tai Chi \$5 Class with Synergy Performance Institute in Forest Glen – \$5 FOR EVERYONE. CANCELLED UNTIL FURTHER NOTICE

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

- 6.30am Soulful Sisters - Friday Yin Yoga & Breakfast** with Steph Cox in Dicky Beach – **NEW CLASS. COMMENCING SHORTLY**
- 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
- 8.00am Aqua Aerobics with Belgravia Leisure in Nambour – PLEASE NOTE CHANGE OF DAY**
- 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 – **CANCELLED 25 JULY AND 1 AUGUST**
- 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 in Bokarina – **NEW CLASS**
- 7.00am Outdoor Mat Pilates** with Simone Reesby and Natasha Bruce 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 Mat Pilates in the Gardens** with Nichola Stevenson at the Maroochy Regional Bushland Botanic Gardens – **CHANGE IN TIME OVER THE COOLER MONTHS AND NOW INCLUDES KIDS FROM THE AGE OF 5**

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 – **CANCELLED 6 JULY**

*First Sunday of the month

9.00am ThinkChange Sunshine Coast Council e-Bike Experience - 29 June, Point Cartwright; 6 July, Maleny; 3 August, Nambour; 10 August, Peregrine Springs – FREE E-BIKE RIDES. NOW EXTRA TWO RIDES HAVE BEEN INCLUDED IN AUGUST

10.00am* Family KidzArT & Relax with Anna Kilpatrick at the Kawana Island Meeting Place – EXTRA SESSION WILL BE HELD DURING THE SCHOOL HOLIDAYS ON FRIDAY 11 JULY AT 11.30AM, IN ADDITION TO NORMAL SESSION ON SUNDAY 13 JULY AT 10AM

* Second Sunday of the month

3.00pm* Café Conversations with Yarn and Yield in Buderim – NEW ADDITION

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>