

Monday

- 5.45am** **Outdoor Fitness Circuit** with Extraining in Mudjimba
- 6.00am** **Sunrise Fitness** with Katharina Hillen at Chambers Island, Maroochydore – **6.00AM OVER THE WINTER MONTHS**
- 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**
- 7.30am** **Heart Foundation Walking – Caloundra Physio Centre Happy Walkers** with volunteer Walk Organiser Jake in Caloundra – **FREE**
- 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
- 10.00am** **Strength and Stability for Older People** with Range Community Gym and Fitness Centre in Mapleton
- 3.45pm** **Kid's Yoga** with Zenko Yoga in Maroochydore
- 4.00pm** **Gentle Yoga** with Fleur Michaels in Kawana – **23 SEPTEMBER ONLY COMMENCEMENT TIME 4.30PM**
- 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 Centre 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 – CHANGE IN TIME TO 6.30AM
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
7.30am	Heart Foundation Walking – Sunshine Plaza – Healthy Heart Walkers with volunteer Walk Organiser Alison at 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
10.00am	Chair Yoga for All Abilities with Sarah Chancellor from Breathe Yoga Space in Maroochydore
11.15am	Balance and Stability with Worx Health & Fitness in Buderim
4.00pm	Heart Foundation Walking – Mapleton Movers with volunteer Walk organizer Beth in Mapleton – FREE

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, Bankfoot House, Glass House Mountains
8.00am	Aqua Aerobics with Belgravia Leisure in Nambour
9.00am	Circuit with Worx Health and Fitness in Maroochydore
9.30am	Yoga in the Park with Selina Stewart in Mooloolah Valley

10.45am Mums and Bubs Yoga with Zenko Yoga in Maroochydore – NEW CLASS FOR A FURTHER FOUR WEEKS COMMENCING 29 AUGUST (FURTHER SESSIONS SUBJECT TO INTEREST)

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 Strength and Stability for Older People with Range Community Gym and Fitness Centre in Mapleton

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 Heart Foundation Walking – Sunshine Plaza – Mooloolah Walkers with volunteer Walk Organiser Anne in Mooloolah Valley – **FREE**

7.00am (first and third Friday of the month) **Beginners Flow Yoga with Philippa** with Phillipa Wells in Nambour – **NEW CLASS**

7.30am Heart Foundation Walking – Sunshine Plaza – Healthy Heart Walkers with volunteer Walk Organiser Alison at 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 with Tianna Balmer in Bli Bli

10.00am Strength and Stability for Older People with Range Community Gym and Fitness Centre in Mapleton

11.00am Fusion with Synergy Performance Institute in Forest Glen

Saturday

- 7.00am Outdoor Mat Pilates** with Simone Reesby and Natasha Bruce in Palmwoods
- 8.00am Mat Pilates in the Gardens** with Nichola Stevenson at Maroochy Regional Botanic Gardens

Sunday

- 7.30am Blended Yoga** with Yoga NRG in Coolum – **PLEASE NOTE THE CHANGE IN TIME TO 7.30AM**
- 8.30am** (first and third Sunday of the month) **Reconnecting with Nature** with Jay Ridgewell at Maroochy Regional Botanic Gardens
- 10.00am** (MONTHLY - third Sunday of the month) **Family KidzArT & Relax** with Anna Kilpatrick at the Kawana Island Meeting Place – **NOTE: CHANGE IN TIME TO 10.00AM TUESDAY 24 SEPTEMBER (SCHOOL HOLIDAYS), 10.00AM SUNDAY 20 OCTOBER AND 11.00AM SUNDAY 17 NOVEMBER**

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>