

## Health and Wellbeing Activities 2026

Correct as at 03.06.26

**Please note that activities marked with an \* are not Healthy Sunshine Coast funded classes and are offered independently of Sunshine Coast Council.**

### Monday

- |                  |                                                                                                                                                                 |
|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5.45am           | <b>Outdoor Fitness Circuit</b> with Extraining at Power Memorial Park in Mudjimba                                                                               |
| 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</b>                                            |
| 6.30am           | <b>Sunrise Fitness</b> with Suncoast Wellness on Chambers Island in Maroochydore – <b>PLEASE NOTE NEW TIME</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                                                                               |
| 8.00am           | <b>Weights and Core</b> with All in One Fitness in Beerwah                                                                                                      |
| 8.45am           | <b>Circuit</b> with Worx Health and Fitness in Maroochydore                                                                                                     |
| 9.00am           | <b>Aqua Aerobics</b> with BlueFit Sunshine Coast in Eumundi                                                                                                     |
| 9.15am           | <b>Dance Exercise Movement</b> with Sue Johnson in Coolum Beach                                                                                                 |
| 9.00am - 12.30pm | <b>Gut Microbiome - the key to your health Workshop</b> on 15 June to 13 July (six weeks) at the Kawana Island Meeting Place in Parrearra (Kawana) – <b>NEW</b> |
| 10.00am          | <b>Strength and Stability for Older People</b> with Range Community Gym and Fitness Centre in Mapleton                                                          |
| 4.00pm           | <b>Gentle Yoga</b> with Fleur Michaels in Buddina (Kawana)                                                                                                      |
| 4.30pm           | <b>Chair Yoga*</b> with Sue Moore in Caloundra ( <i>Independent Class</i> )<br>- Weekly, except the first Monday of the month.                                  |

- 4.45pm **Weight Loss Circuit\*** with Worx Health and Fitness in Maroochydore (*Independent Class*)
- 5.00pm **Dragon Boat Paddling for Women\*** with SCDA Mavericks Dragon Boat Club at the boat ramp at Maroochy Waterfront Camp in Diddillibah (*Independent Class*)
- 5.30pm **The Practice of Mindfulness for Stress Reduction** with Sue Moore in Caloundra  
- Weekly, except the first Monday of the month

## Tuesday

- 5.30am **Heart Foundation Walking - BMF Walkers** with Body Mechanics and Function in Maroochydore – **FREE. NEW WALK**
- 6.00am **Heart Foundation Walking - Palmview walk & talk** with volunteer Walk Organiser Melissa in Palmview – **FREE**
- 6.45am **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 – **CANCELLED 7 JULY**  
- 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**
- 11.00am **Brain Health Fitness\*** with Vicki Doolan in Palmview (*Independent Class*)
- 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** (*Independent Class*)

## 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 24 JUNE</b>
9.30am	<b>Functional Circuit Training</b> with Gaye Becker in Buderim
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> at Range Community Gym and Fitness Centre Mapleton
10.30am	<b>MIND FIT</b> with Theresa Walker-Langley in Buddina
11.00am	<b>Fusion \$5 Class</b> with Synergy Performance Institute in Forest Glenn
5.00pm	<b>Dragon Boat Paddling for Women*</b> with SCDA Mavericks Dragon Boat Club at the boat ramp at Maroochy Waterfront Camp in Diddillibah ( <i>Independent Class</i> )

## Thursday

5.45am	<b>Outdoor Exercise</b> with Extraining at Bokarina Boulevard Park in Bokarina
6.30am	<b>Qigong</b> with Sue Pope at Beach Access 266 Dicky Beach
7.45am	<b>Qi Gong at Bankfoot</b> with Theresa Walker-Langley at Bankfoot House, Glass House Mountains
8.45am	<b>Circuit</b> with Worx Health and Fitness in Maroochydore
9.30am - 11.30am	<b>my strength and balance Workshop</b> on 11 June at Buderim War Memorial Hall, Buderim; 18 June at Nambour Red Cross hall, Nambour; and 25 June at Maleny Community Centre, Maleny – <b>NEW</b>
9:30am	<b>Yoga in the Park</b> with Selina Stewart at Martin Rungert Park in Mooloolah Valley
9.30am	<b>Stockland Chair Yoga</b> with Sue Moore at Stockland Birtinya Shopping Centre – <b>FREE. CHECK WEBSITE FOR DETAILS OF WHEN CLASSES ARE HELD</b>
9.30am	<b>Chair Yoga*</b> with Sue Moore at Kawana Island Meeting Place in Parrearra ( <i>Independent Class</i> ). Various dates, check Healthy Sunshine Coast website for details
10.15am	<b>Fun, Fitness and Strength for All Abilities</b> with FITCare Support Services in Maroochydore (Buderim)
11.00am	<b>Ageless Grace Brain Health Movement with Music</b> with Vicki Doolan in Caloundra
11.15am	<b>PrYme Lite</b> at the YMCA Caloundra in Caloundra
12.30pm	<b>Chair Yoga for All Abilities</b> with Victoria Sutton from Dragonfly Health Space in Coolum Beach
2.45pm	<b>Strength and Stability for Older People</b> with Range Community Gym and Fitness Centre in Mapleton
3.45pm	<b>Kid's Yoga and Mindfulness</b> with Erica Romano in Maroochydore – <b>OFFERED IN SCHOOL TERMS ONLY</b>
4.45pm	<b>Relaxing Yoga*</b> with Worx Health and Fitness in Maroochydore ( <i>Independent Class</i> )

## Friday

5.45am	<b>Outdoor Fitness Circuit</b> with Extraining at Power Memorial Park in Mudjimba – <b>CLASS WILL BE HELD ON NAMBOUR SHOW DAY FRIDAY 12 JUNE</b>
6.00am	<b>Heart Foundation Walking - Palmview walk &amp; talk</b> with volunteer Walk Organiser Melissa in Palmview – <b>FREE</b>

- 6.15am Heart Foundation Walking – Hearty Alex Walkers** with volunteer Walk Organiser Del in Alexandra Headland – **FREE**
- 6.30am Tai Chi and Qi Gong** with Nathan Coxsen from Chenstyle Tai Chi Australia at Beach Access 124 in Mudjimba – **NEW CLASS. CLASS WILL BE HELD ON NAMBOUR SHOW DAY FRIDAY 12 JUNE**
- 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 – **CLASS WILL BE HELD ON NAMBOUR SHOW DAY FRIDAY 12 JUNE**
- 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 (*Independent Class*)
- 9.40am Yoga for Everyone** with Terri Andrews in Maroochydore – **CLASS WILL BE HELD ON NAMBOUR SHOW DAY FRIDAY 12 JUNE**
- 10.00am Strength and Stability for Older People** with Range Community Gym and Fitness Centre in Mapleton – **CLASS WILL BE HELD ON NAMBOUR SHOW DAY FRIDAY 12 JUNE**
- 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. CANCELLED NAMBOUR SHOW DAY 12 JUNE**

## 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 (*Independent Class*)
- 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 Maroochydore Regional Bushland Botanic Gardens in Tanawha

**10.30am** **Laughter Yoga with Po** at Buderim Lions Park, Buderim – **NEW CLASS. CANCELLED 11 JULY**  
- 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

**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)