

Correct as of 10 April 2026

## Monday

5.45am	<b>Outdoor Fitness Circuit</b> with Extraining at Power Memorial Park in Mudjimba
5.45am	<b>Sunrise Fitness</b> with Suncoast Wellness on Chambers Island in Maroochydore – <b>NEW CLASS COMMENCING ON 13 APRIL</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>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
8.00am	<b>Weights and Core</b> with All in One Fitness in Beerwah
9.00am	<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
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) – <b>CANCELLED 13 AND 20 APRIL</b>
4.30pm	<b>Chair Yoga*</b> with Sue Moore in Caloundra *Except the first Monday of the month. *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	<b>Dragon Boat Paddling for Women*</b> with SCDA Mavericks Dragon Boat Club at the boat ramp at Maroochy Waterfront Camp in Diddillibah

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**5.30pm\*** **The Practice of Mindfulness for Stress Reduction** with Sue Moore in Caloundra

\*Except the first Monday of the month

## Tuesday

<b>6.00am</b>	<b>Heart Foundation Walking - Palmview walk &amp; talk</b> with volunteer Walk Organiser Melissa in Palmview – <b>FREE</b>
<b>6.15am</b>	<b>Meditation with Brahma Kumaris Centres for Spiritual Learning</b> in Tickle Park, Coolum Beach – <b>FREE</b>
<b>8.00am</b>	<b>Aqua Aerobics</b> with Belgravia Leisure in Nambour
<b>9.30am</b>	<b>Qi Gong \$5 Class</b> with Synergy Performance Institute in Forest Glen – <b>\$5 FOR EVERYONE</b>
<b>10.00am</b>	<b>Fun, Fitness and Strength for All Abilities</b> with FITCare Support Services in Maroochydore (Buderim)
<b>10.00am</b>	<b>MIND FIT</b> with Theresa Walker-Langley in Maleny
<b>10.30am*</b>	<b>Laughter Yoga</b> with Po Mei Kwong in Caloundra – <b>CANCELLED 21 APRIL</b> *First and third Tuesday of the month
<b>10.30am</b>	<b>Zumba with Tianna</b> in Buderim
<b>10.30am</b>	<b>Tai Chi \$5 Class</b> with Synergy Performance Institute in Forest Glen – <b>\$5 FOR EVERYONE</b>
<b>11.15am</b>	<b>PrYme Lite</b> at the YMCA Caloundra in Caloundra
<b>11.30am</b>	<b>Fusion \$5 Class</b> with Synergy Performance Institute in Forest Glen – <b>\$5 FOR EVERYONE</b>
<b>2.45pm</b>	<b>Strength and Stability for Older People</b> with Range Community Gym and Fitness in Mapleton
<b>4.30pm</b>	<b>Zumba* with Ayesha at Worx Health and Fitness in Maroochydore</b> *PLEASE NOTE THIS IS NOT A HEALTHY SUNSHINE COAST-FUNDED CLASS AND IS OFFERED INDEPENDENTLY OF SUNSHINE COAST COUNCIL

## 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 15, 22 AND 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 – **NEW CLASS. CANCELLED 16 APRIL**
- 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  
 \*PLEASE NOTE THIS IS NOT A HEALTHY SUNSHINE COAST-FUNDED CLASS AND IS OFFERED INDEPENDENTLY OF SUNSHINE COAST COUNCIL
- 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 Sarah White from Breathe Yoga Space in Coolum Beach
- 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  
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- 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  
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- 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 – NEW CLASS**
- 9.00am Sunday 12 April - Reconnecting with Nature at Buderim Forest Park\*** with Jay Ridgewell at the Buderim Forest Park in Buderim  
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- 10.00am\* Family KidzArT & Relax** with Anna Kilpatrick at the Kawana Island Meeting Place in Parrearra – **NO SESSION IN MAY**  
\* 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)

