

Monday

- 5.45am **Outdoor Fitness Circuit** with Scott Peirce in Mudjimba
- 5.45am **Sunrise Fitness** with Katharina Hillen – **NEW CLASS**
- 8.00am **Weights and Core** with All in One Fitness in Maroochydore
- 9.00am **Circuit** with Worx Health and Fitness in Maroochydore
- 9.00am **Aqua Aerobics** with Swim Fit Sunshine Coast in Eumundi
- 9.15am **Jazzercise** with Leanne Paix in Nambour
- 10.00am **Strength and Stability for Older People** with Range Community Gym and Fitness in Mapleton
- 3.45pm **Kid's Yoga** with Zenko Yoga in Maroochydore
- 4.00pm **Gentle Yoga** with Fleur Michaels in Kawana – **NEW CLASS**
- 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 Scott Peirce in Mudjimba
- 6.00am **Vinyasa Flow Yoga with Village Coolum** in Coolum – **NEW CLASS**
- 8.30am (first and third Sunday of the month) **Laughter Yoga** with Po Mei Kwong in Caloundra – **NEW TIME**
- 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
- 11.15pm **PrYme Lite** at YMCA Caloundra in Caloundra
- 2.45pm **Strength and Stability for Older People** with Range Community Gym and Fitness in Mapleton
- 5.30pm **Aqua Aerobics** with Belgravia Leisure in Nambour

Wednesday

5.45am	Outdoor Fitness Circuit with Scott Peirce in Mudjimba
6.00am	Morning Rise Yoga with Masha Lim-Nadiraschwili in Bokarina
8.15am	Gentle Flow Yoga with Alasdair Percy in Peregian Springs
9.30am	Resolve Seniors Fitness with Resolve Fitness in Caloundra
10.00am	Chair Yoga for All Abilities with Sarah Chancellor in Maroochydore from Breathe Yoga Space in Maroochydore
11.15am	Circuit with Worx Health and Fitness in Buderim

Thursday

5.45am	Outdoor Fitness Circuit with Scott Peirce in Mudjimba
7.30am	Yoga for Everyone with Zenko Yoga in Maroochydore
7.45am	Yoga@Bankfoot with Theresa Walker-Langley at Bankfoot House, Glass House Mountains – NEW DAY
8.00am	Aqua Aerobics with Belgravia Leisure in Nambour
9.30am	Yoga in the Park with Selina Stewart in Mooloolah
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	Circuit with Worx Health and Fitness in Maroochydore
2.45pm	Strength and Stability for Older People with Range Community Gym and Fitness in Mapleton

Friday

5.45am	Outdoor Fitness Circuit with Scott Peirce in Mudjimba
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	(MONTHLY - first Friday of the month) - Feel Good Friday - Gentle Yoga Asana and Meditation with Sunshine Coast Meditation and Yoga at the Maroochy Regional Bushland Botanic Gardens – NEW CLASS

- 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 in Mapleton
- 11.00am Fusion** with Synergy Performance Institute in Forest Glen – **NEW CLASS**
- 5.00pm Jazzercise** with Leanne Paix in Nambour

Saturday

- 7.00am Mat Pilates on the Green** with Tegan Shepherd and Natasha Bruce in Palmwoods
- 8.00am Mat Pilates in the Gardens** with Nichola Stevenson at Maroochy Regional Botanic Gardens – **NEW CLASS**

Sunday

- 7.00am Blended Yoga** with Yoga NRG in Coolum
- 8.30am** (first and third Sunday of the month) **Reconnecting with Nature** with Jay Ridgewell at Maroochy Regional Botanic Gardens
- 9.00am Laughter Yoga** with Po Mei Kwong in Maleny
- 11.00am** (MONTHLY - third Sunday of the month) **Family KidzArT & Relax** with Anna Kilpatrick at the Kawana Island Meeting Place – **NEXT CLASS 26 MAY (NOT 19 MAY) AND NEW TIME OF 10.00AM FOR MAY ONLY**

CHECK WEBSITE ON HOW TO REGISTER FOR THE PROGRAM, AND UP-TO-DATE FURTHER DETAILS AND BOOKING ARRANGEMENTS FOR CLASSES VIA THE ACTIVITIES PORTAL LINK

<https://www.sunshinecoast.qld.gov.au/living-and-community/community-support/healthy-and-active/healthy-sunshine-coast>