

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 – NO CLASS SCHOOL HOLIDAYS – 1 APRIL AND 8 APRIL
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

NO CLASSES EASTER MONDAY 1 APRIL – EXCEPT FOR OUTDOOR FITNESS CIRCUIT

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 Peregrine 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
10:00am	Kangatraining with Larnie Warren in Maroochydore – NO CLASS SCHOOL HOLIDAYS – 4 APRIL AND 11 APRIL
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

5.00pm **Jazzercise** with Leanne Paix in Nambour

NO CLASSES EASTER FRIDAY 29 MARCH – EXCEPT FOR ZUMBA WITH TIANNA

Saturday

7.00am **Mat Pilates on the Green** with Simone Reesby in Palmwoods – **AS USUAL EASTER SATURDAY**

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 – **NO CLASS EASTER SUNDAY**

8.30am (first and third Sunday of the month) **Reconnecting with Nature** with Jay Ridgewell at Maroochy Regional Botanic Gardens – **NEW DAY AND TIME. NO CLASS 7 APRIL**

9.00am **Laughter Yoga** with Po Mei Kwong in Maleny – **AS USUAL EASTER SUNDAY**

11.00am (MONTHLY - third Sunday of the month) **Family KidzArT & Relax** with Anna Kilpatrick at the Kawana Island Meeting Place

CHECK WEBSITE FOR FUTHER DETAILS AND BOOKING ARRANGEMENTS

<https://sunshine-coast-council.trumba.com/healthy-sunshine-coast>