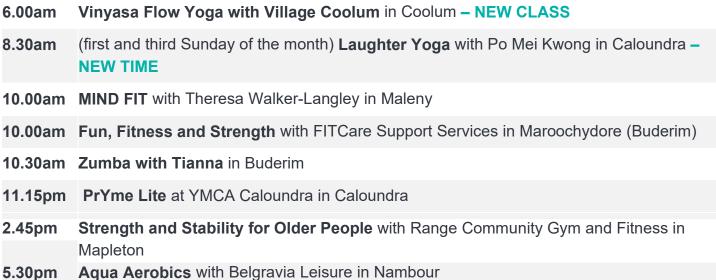


## Health and wellbeing activities 2024

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	<b>Strength and Stability for Older People</b> 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) <b>The Practice of Mindfulness for Stress Reduction</b> 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) <b>Laughter Yoga</b> with Po Mei Kwong in Caloundra –	







Wednes	sday	
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	<b>Chair Yoga for All Abilities</b> 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	<b>Strength and Stability for Older People</b> 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	







8.30am

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	<b>Strength and Stability for Older People</b> 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		

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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

(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

CHECK WEBSITE FOR FUTHER DETAILS AND BOOKING ARRANGEMENTS

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

