



FREE FITNESS ON THE ESPLANADE

An Introduction to Fitness

DAY	ACTIVITY	TIME	LOCATION
MONDAY	Seniors Steady Steps	9.30am	Fogarty Park
	Bouldering - Intro to Rock Climbing	5.00pm	Bouldering Park
	Fitness Playground - Green Gym Circuit	5.30pm	Lagoon Café
TUESDAY	Pilates	6.30am	Lagoon Deck
	Zumba Fitness	5.30pm	Fogarty Park
	Beach Volleyball	5.30pm	Volleyball Courts
WEDNESDAY	Chi Gong and Flow Yoga - Yoga and Tai Chi techniques	6.30am	Fogarty Park
	Aqua Zumba	5.30pm	Lagoon
THURSDAY	Box Fit	6.30am	Fogarty Park
FRIDAY	Beast Mode - Dynamic Strength Training	5.30pm	Lagoon Café
SATURDAY	Sahaja Yoga Meditation	7.30am	Lagoon Lawn
	H.I.I.T - Interval Training	8.00am	Lagoon Café
	Aqua Aerobics	9.00am	Lagoon

PLEASE NOTE: ALL TIMES ARE SUBJECT TO CHANGE AND CANCELLATION



TURN OVER FOR CLASS
LOCATION MAP



FOR MORE INFORMATION, SCHEDULE & WET WEATHER CHANGES VISIT:
FACEBOOK.COM/OFFICIALCAIRNSESPLANADE



FOGARTY PARK
Seniors Steady Steps

FOGARTY PARK
Chi Gong and Flow Yoga
Box Fit
Zumba Fitness



LAGOON CAFÉ
Fitness Playground
Beast Mode
H.I.I.T



LAGOON
Aqua Aerobics,
Aqua Zumba



LAGOON DECK
Pilates



LAGOON LAWN
Sahaja Yoga Meditation



VOLLEY BALL COURTS
Beach Volleyball



BOULDERING PARK
Bouldering

APLIN ST

ABBOTT STREET

FLORENCE ST

ESPLANADE

ABBOTT STREET

MINNIE ST

UPWARD ST

ESPLANADE



CAIRNS
Esplanade
Cairns Regional Council



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