



# FREE FITNESS CLASSES



Class	Day / Time	Location
Zumba Gold	Monday – 9 am	Gordonvale, Norman Park
Chair Yoga	Monday – 9 am	Edmonton, Down Park Community Hall
Seniors Exercise	Monday – 9.30 am	Esplanade, Fogarty Park
Zumba	Monday – 5 pm	Brinsmead, Loridan Drive Park
Sunrise Yoga	Tuesday – 7 am	Trinity Beach Esplanade (south end)
Qigong for Body, Mind and Spirit	Tuesday – 4 pm	Edge Hill, Botanic Gardens Flecker Gardens (Collins Av)
Beach Volleyball	Tuesday – 5.30 pm	Esplanade, Beach Volleyball Court
Zumba	Tuesday – 5.30 pm	Esplanade, Fogarty Park
Gentle Yoga	Wednesday – 6.30 am	Lake Placid, Recreational Reserve, Lake Placid Rd
Resistance Training for Metabolic Health	Wednesday – 7.30 am	Manunda, Harald Falge Park
Chair Qi-Yoga	Wednesday – 8.30 am	Trinity Beach Activity Space (Trinity Beach Rd)
Multi-Sports (suitable for 8 - 17 yrs.)	Wednesday – 5 pm	Khalu Park, White Rock
Aqua Zumba	Wednesday – 5.30 pm	Esplanade, Lagoon
Pilates	Thursday – 6.30 am	Esplanade, Fogarty Park
Zumba Gold	Thursday – 9.30 am	Bill Wakeham Park, Babinda
Gentle Yoga	Thursday – 4.30 pm	Edge Hill, Botanic Gardens Fitzalan Garden (Collins Ave)
Zumba	Thursday – 5 pm	Trinity Beach Activity Space (Trinity Beach Rd)
Zumba	Friday – 5.30 pm	Edmonton, Ravizza Park
Sahaja Yoga Meditation	Saturday – 7.30 am	Esplanade, Eastern Events Lawn, opposite Pier Shopping Centre
Aqua Zumba	Saturday – 9 am	Esplanade, Lagoon

More info: Facebook: @CairnsActiveLiving

