



# FREE FITNESS ON THE ESPLANADE

## An Introduction to Fitness

DAY	ACTIVITY	TIME	LOCATION
<b>MONDAY</b>	Seniors Steady Steps	9.30am	Fogarty Park
	Bouldering	5.00pm	Bouldering Park
<b>TUESDAY</b>	Zumba Fitness	5.30pm	Fogarty Park
	Beach Volleyball	5.30pm	Volleyball Courts
<b>WEDNESDAY</b>	Chi Gong and Flow Yoga	6.30am	Fogarty Park
	Aqua Zumba	5.30pm	Lagoon
<b>THURSDAY</b>	Pilates	6.30am	Lagoon Deck
	Skateboarding	5.00pm	Skate Park
<b>SATURDAY</b>	Sahaja Meditation	7.30am	Lagoon Lawn
	Fitness Playground	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**  
Chi Gong and Flow Yoga  
Zumba Fitness  
Seniors Steady Steps

**ACTIVE LIVING**  
**LAGOON CAFÉ**  
Fitness Playground

**ACTIVE LIVING**  
**LAGOON**  
Aqua Aerobics,  
Aqua Zumba

**ACTIVE LIVING**  
**LAGOON DECK**  
Pilates

**ACTIVE LIVING**  
**LAGOON LAWN**  
Sahaja Yoga Meditation

**ACTIVE LIVING**  
**SKATE PARK**  
Skateboarding

**ACTIVE LIVING**  
**VOLLEY BALL COURTS**  
Beach Volleyball

**ACTIVE LIVING**  
**BOULDERING PARK**  
Bouldering

ABBOTT STREET  
APLIN ST  
FLORENCE ST  
ESPLANADE  
ABBOTT STREET  
MINNIE ST  
UPWARD ST  
ESPLANADE

