

Regular Citywide Activity Program

Spring/Summer

17th July to Dec 15th 2006



The Gold Coast has an outdoor lifestyle that is second to none and making the most of our great city means being active and maintaining a healthy lifestyle. Active and Healthy GC is a new initiative of the Gold Coast City Council, and is the Council's way of encouraging the community to be more active.

The program is jam-packed with a whole range of fun and interesting activities that are held in the Coast's many parks and open spaces. All activities are FREE or low cost and there are lots to do, heaps of activities to try and great new people to meet.

How to Get Involved!!

Being active and looking after your health should be fun! All activities in the Active and Healthy GC City Wide Program are designed to help residents make the most of our beautiful parks and enjoy the benefits of an active lifestyle.

Free or low-cost activities are held in various parks across the city and cater for all ages, interests and abilities. All activities are run by friendly and qualified instructors and everyone is welcome. Check out the calendar below and plan your exercise schedule around it. Feel free to call the instructors listed if you need any more information, or if bookings are required for a session. For more information call the Council on 5581 5233.

Activity Program

PARENTS AND GRANDPARENTS WITH BUBS/TODDLERS 0 TO 5 YEARS			
Original Stroller Group - Come join other mums with their bubs in this great outdoor postnatal exercise program. The program will help you regain and improve your health, physique, fitness and well being. Mums with children of all ages are welcome.			
Mon 10.30 to 11.30	Wallace Nicoll Park, Pacific Pde, Currumbin. Park opposite Currumbin Alley. (Map 71 C3)	Theresa - Hands On Personal Training 0432 692 131	\$5.00 Book 20
Tues 10.30 to 11.30	Harley Park, Marine Pde Labrador. (Map 19 D20)	Theresa - Hands On Personal Training 0432 692 131	\$5.00 Book 20
Thur 10.30 to 11.30	North Burleigh. Meet at Kelly Ave Car Park, just south of Nobby Hill. (Map 50 D19)	Theresa - Hands On Personal Training 0432 692 131	\$5.00 Book 20
Thur 9 to 10am	Meet in front of Delfin House, Varsity Pde Varsity Lakes	Theresa - Hands On Personal Training 0432 692 131	\$5.00 Book 20
Varsity Lakes Pram Push – Come join a bunch of friendly mums with their bubs in this gentle stroll. A great way to meet new mums and get active. Run by a qualified Just Walk It Leader.			
Wed 10am	Varsity Lakes Community Resource Centre, Off Mattocks Rd Varsity Lakes.	Varsity Lakes Resource Centre Sandra 5593 7006	FREE
Mum/Dad/Grandparent's n Toddlers – Fun fitness for both parents and toddlers. 1st half hour parents group training whilst toddlers engage in social and interactive play ; 2nd half hour everyone plays together!! Pick up some great fun ideas for playing with your littlies. Term 3 17th July to 15th Sept (break school holidays) Term 4 16th Oct to 8th Dec 2006.			
Tues 9.15 to 10.15am	Cedar Creek State School, Chardon Bridge Road Cedar Creek.	Kids Sports Anthony 0414 872 299 <i>Sponsored by Communities for Children</i>	FREE
Tues 4 to 5pm	Oxenford Park, Tambourine Oxenford Rd (beside the Youth Centre), Coomera. (Map 6 P18)	Kids Sports Anthony 0414 872 299 <i>Sponsored by Communities for Children</i>	FREE
Thur 9.30 to 10.30 am	Coomera Oxenford Youth Centre. Tambourine/Oxenford Rd, Coomera. (Map 6 P18)	Kids Sports Anthony 0414 872 299 <i>Sponsored by Communities for Children</i>	FREE
Sat 9 to 10am	Coomera Oxenford Youth Centre. Tambourine/Oxenford Rd, Coomera. (Map 6 P18)	Kids Sports Anthony 0414 872 299 <i>Sponsored by Communities for Children</i>	FREE
Sat 9 to 10am	Frascott Park, Yodelay Dr Varsity Lakes (Map 59 H8)	Kids Sports Anthony 0414 872 299 <i>Sponsored by Community Renewal</i>	FREE
Sat 10.30am	Doug Larsen Park, Logan Rd Beenleigh (Map 264 A17)	Kids Sports Anthony 0414 872 299	FREE

Sat 10.30am	Tuesley's Park, Marine Pde Southport. Located 200m south of Broadwater Tourist Park. (Map 29 G9)	Kids Sports Anthony 0414 872 299	FREE
Re Activation Classes - Learn how to re activate your pelvic floor and core after childbirth. A great class that will help you regain strength and tone, and enhance your posture, balance and body confidence using a Swiss ball. 4 week program.			
Tues 10 to 11.30am Aug 1/8/15/22	Fradgley Hall, Park Ave Burleigh Heads. (Next to Burleigh Heads Library)	CHEK in Australia Jan 5591 1351 or 0403 678 165	\$5.00 Book 25
Tues 10 to 11.30am Oct 10/17/24/31	Coomera Oxenford Youth Centre. Tambourine/Oxenford Rd, Coomera. (Map 6 P18)	CHEK in Australia Jan 5591 1351 or 0403 678 165	\$5.00 Book 25
Mum and Bub Program – Fun and interactive class for kids under 3 with a parent. Uses blocks, balls, music, climbing and balance equipment to help your child's coordination and motor development.			
Mon 2 to 3pm	Broadwater Meeting Rooms, Dux Oval Labrador. New centre behind the Senior Citizens Centre.	StarLevar 'Health 4 Life' - Anna 0413 110 870	\$3.00
Small Sports 1 to 3 years – Have fun with your toddler in this fun and active program. Small Sports teaches children basic movement patterns and confidence in a fun environment. Come laugh and be active with your little one. Bookings are required. Term 3 17th July to 15th Sept (break school holidays) Term 4 16th Oct to 8th Dec 2006.			
Wed 9.30am	Central Park, Hotham Drive Pacific Pines. (Map 27 C2)	Small Sports - 1 to 3 yrs Jamie Weinert 0401 647173	\$3.00 Book 15
Thur 3.30 to 4.00pm	Bishop Street Park, Bishop St. Next to Community Centre. Eagleby. (Map 264 G15).	Small Sports - 1 to 3 yrs Jamie Weinert 0401 647173	\$3.00 Book 15
Small Sports 3 to 5 years - Interactive and fun activities for kids aged 3 to 5 years. Sports-based motor skills and conceptual program especially for pre-schoolers. Bookings are required. Sessions are 30 minutes long, and some locations have numerous sessions in timeslot. Term 3 17th July to 15th Sept (break school holidays) Term 4 16th Oct to 8th Dec 2006.			
Mon 3.30 to 4.30pm	Central Park, Hotham Drive Pacific Pines. (Map 27 C2)	Small Sports - 3 to 5 yrs Jamie Weinert 0401 647173	\$3.00 Book 15
Tues 3.30 - 4.30pm	Firth Park, Somerset Drive Mudgeeraba. (Map 58 C3)	Small Sports - 3 to 5 yrs Jamie Weinert 0401 647173	\$3.00 Book 15
Wed 3.30 - 4.00pm	Dux Oval Labrador (Oval behind Labrador Senior Citizens Centre). (Map 19 D20)	Small Sports - 3 to 5 yrs Jamie Weinert 0401 647173	\$3.00 Book 15
Thur 3.30 - 4.30pm	Don Paxton Park, Station Street Tugun. (Map 71 G12)	Small Sports - 3 to 5 yrs Jamie Weinert 0401 647173	\$3.00 Book 15
Thur 4.00 - 4.30pm	Bishop Street Park, Bishop St. Next to Community Centre. Eagleby. (Map 264 G15).	Small Sports - 3 to 5 yrs Jamie Weinert 0401 647173	\$3.00 Book 15
GREAT FAMILY ACTIVITIES			
"Make and Fly a Kite" Family Fun Morning - Come and learn some exciting new skills in the Kite Making Workshops. You not only get to make your own kite, but you will be able to race against others as well as play some great 'Kite Games'. Sponsored by Community Renewal. Families -. Dates are Saturday the 29/7, 26/8, 23/9, 28/10, 25/11, 16/12			
4 th Sat of month 10 to 11am	Frascott Park, Yodelay Dr Varsity Lakes (Map 59 H8)	Kids Sports Anthony 0414 872 299 <i>Sponsored by Community Renewal</i>	FREE
Family Splashtastic Fun – Bring the whole family along and join in this fun deep water running class in the heated 50m pool at Miami. Mums/Dads/Grandparents and kids most welcome. Kids must be able to swim to participate. Dates include 03/09, 17/09, 08/10, 22/10, 05/11, 19/11 and 3/12 2006			
START 03/09 1 st & 3 rd Sun 10am	Miami Pool, 80 Pacific Ave Miami	Miami Olympic Pool 5572 8870	Pool Entry Only
Family Beach Fitness and Surf Survival - Learn how to read the surf, catch waves and get fit on the beach in this invigorating beach fitness session run by experience coaches. BEGINS SAT 2ND SEPTEMBER 2006.			
Starts Sat 02/09 9 to 10am	Mermaid Beach Surf Life Saving Club, Hedges Ave Broadbeach. (Map 49 R5)	Surf Coach - Trudy 0432 908 977	\$3.00 All ages
KIDS - 4 to 12 YEARS			
Kids Sports - You don't have to be fit to have fun with the guys from Kids Sports. Come puff and have fun! Primary school aged kids and kids with special needs are most welcome! Term 3 17th July to 15th Sept (break school holidays) Term 4 16th Oct to 8th Dec 2006.			
Mon 4 to 5pm	Carol Moore Park, 105 Dugandan St Nerang (Map 36 L7)	Kids Sports Anthony 0414 872 299	FREE 4 to 12

Tues 4 to 5pm	Oxenford Park, Tambourine Oxenford Rd (beside the Youth Centre), Coomera. (Map 6 P18)	Kids Sports Anthony 0414 872 299 <i>Sponsored by Communities for Children</i>	FREE 4 to 12
Wed 4 to 5pm	Sir Bruce Small Park, off Ashmore Rd Benowa (Map 38 R9)	Kids Sports Anthony 0414 872 299	FREE 4 to 12
Wed 4 to 5pm	Frascott Park, Yodelay Dr Varsity Lakes (Map 59 H8)	Kids Sports Anthony 0414 872 299 <i>Sponsored by Community Renewal</i>	FREE 4 to 12
Thur 4 to 5pm	Norm Rix Park, Government Rd Labrador (Map 29 A1)	Kids Sports Anthony 0414 872 299	FREE 4 to 12
Fri 4 to 5pm	Sid Big Park 2, Old Coach Rd, Mudgeeraba. (Map 47 Q18)	Kids Sports Anthony 0414 872 299	FREE 4 to 12
Sat 9am	Frascott Park, Yodelay Dr Varsity Lakes (Map 59 H8)	Kids Sports Anthony 0414 872 299 <i>Sponsored by Community Renewal</i>	FREE 4 to 12

FIT Kids - Fun games and activities for kids of all ages and abilities. After school fun and active games for kids aged 4 to 12 years. Kids with special needs are most welcome to join in too!

Term 3 17th July to 15th Sept (break school holidays) Term 4 16th Oct to 8th Dec 2006.

Wed 4 to 5pm	Mallawa Drive Sporting Complex, Mallawa Drive Palm Beach. (Map 60 G16)	FIT Levi 0412 798 316	FREE 5 to 13
Fri 4 to 5pm	Brien Harris Oval, Peachy Rd Ormeau (Map 305 H11)	FIT Levi 0412 798 316	FREE 5 to 13

Kids Quest for Boys - A program for boys designed to help build their character and develop their body through a mixture of fun games, martial arts, drama and stories of heroes. Bookings required. Ages 5 to 12 years.

Term 17th July to 15th Sept (break school holidays) Term 4 16th Oct to 8th Dec 2006.

Mon 4 to 5pm	Oxenford Park, Tambourine Oxenford Rd (beside the Youth Centre), Coomera. (Map 6 P18)	Kids Quest Adrian 0439 663 562	\$5.00 Book 15
Wed 4 to 5pm	Preston Park, Michel Dr Currumbin Waters (Map 70 M8)	Kids Quest Adrian 0439 663 562	\$5.00 Book 15

Kidphyt – Join in this fun after school fitness and lifestyle program for kids over 5. Play fun games, improve your balance and coordination and meet new friends in this great health and lifestyle program for kids.

Mon 4 to 5pm	Essence of Living Yoga and Pilates Studio. 3/52 Peerless Ave Mermaid Beach.	John Daniel 0409 341 767	\$5.00 Book
-----------------	---	-----------------------------	----------------

Bruce Lees Jeet Kune Do - Explore the training techniques of the worlds most electrifying non-classical martial artist Bruce Lee. These introductory level sessions ensure suitability for most ages (8 and above) and all fitness levels.

Sat 10.30-11.20am	39 Township Drive, Burleigh	Potential Unlimited Mixed Martial Arts Vincent 0438 353349	\$4.00 8 and up
----------------------	-----------------------------	--	--------------------

Kids Yoga – A fun, non-competitive way for kids to gain the many benefits of yoga in early life. Kids yoga is a natural and healthy way exercise, relax and focus. Burleigh - Kids aged 4 to 8 years at 3.45pm and Kids aged 9 to 12 years at 4.30pm.

Term 3 17th July to 15th Sept (break school holidays) Term 4 16th Oct to 8th Dec 2006.

Tues 3.45 & 4.30pm	Christine Ave Oval, in park between Burleigh Waters Library and Community Centre. (Map 59 P2)	Essence of Living Michelle 0413 137 155	FREE All ages
Fri 4 to 5pm	Lex Bell Park, off Salerno St (behind Oval) Isle of Capri (Map 39 J11)	Essence of Living Michelle 0413 137 155	FREE All ages

Come and Try Squash - Come and try out the exciting sport of squash at the Nerang Squash Centre. Qualified coaches will introduce you to the game of squash and there will be lots of fun games and activities. Racquets provided.

Sat 9.00 to 10.30am	Nerang Squash and Fitness Centre, 43 Station St Nerang.	Nerang Squash and Fitness 5578 1888	\$5.00 5 to 17
------------------------	---	-------------------------------------	-------------------

Kids Kung Fu/Self Defence - Designed to help children develop not only their body, but also their character. Experienced instructors, trained in child safety, teach self-confidence, self-awareness, self-discipline and self-defence. While the kids train TAI CHI is available for mum or dad or grandparent.

Wed 4 to 5pm	Unit 4/29 Township Drive West Burleigh.	Chinese Kung Fu Academy Matt 0402 888 892	\$5.00
-----------------	---	--	--------

TEENS

Foxy Boxing for Teens - Teen Boxercise for Girls. Come join the qualified instructors from FIT in this fun and empowering Boxercise session especially for teenage girls.

Term 3 17th July to 15th Sept (break school holidays) Term 4 16th Oct to 8th Dec 2006.

Mon 4.45 to 5.45pm	Ron Short Park, Melinda Ave Southport (Map 29 C17)	FIT Levi 0412 798 316	\$3.00 12 to 18
-----------------------	--	-----------------------	--------------------

Tues 4.30 to 5.30pm	Frascott Park, Yodelay Dr Varsity Lakes (Map 59 H8)	FIT Levi 0412 798 316 <i>Sponsored by Community Renewal</i>	FREE 12 to 18
Thur 4.45 to 5.45pm	Robina Common, Ron Penhaligon Way Robina (Map 49 D11)	FIT Levi 0412 798 316	\$3.00 12 to 18
Teen Fit Hit - Challenge your body with low to mid impact movements while working out at your own level. This fun and non intimidating class combines cardio, boxing and strength training in a variety of workout formats. Term 3 17th July to 15th Sept (break school holidays) Term 4 16th Oct to 8th Dec 2006.			
Wed 3.15 to 4.15pm	Creekside Park, Corner of 19 th Ave and Chestnut St Elanora. Opposite 19 th Ave Shopping Centre.	Mark Cameron Personal Training 0408 055 232	\$3.00 12 to 18
SAILS - Come experience the excitement of sailing, kayaking, volleyball and beach activities. A great day by the water. Kids under 12 year olds to be accompanied by an adult. Dates are Aug 5 & 19, Sept 2 & 16, Oct 7 & 21, Nov 4 & 18 2006.			
Sat 10 to 3pm	Esplanade Park, Paradise Point. Meet next to swimming enclosure opposite Esplanade & Bruce Avenue intersection.	SAILS Russell McClue 0405 468 344	\$10
ADULTS – ALSO SUITABLE FOR TEENS, SENIORS & FAMILIES			
Tri-Breath and Body Exercises - The Tri-Breath™ exercises are simple, powerful and practical breathing and mind techniques that enhance lung capacity, calm and strengthen the nervous system and improve the way you walk, run and move in all your activities. All ages welcome including mums & dads with prams, seniors etc. 4 week program.			
Thur 9am Aug - 3,10,17, 24	Runaway Bay Sporting Complex, Runaway Bay. Meet in front of Runaway Bay Library.	Tri Breath – Brett Hayes 555 95 418 or 0427 154 735	\$4.00
Thur 9am Sep – 7,14,21,28	Arthur Earle Park, off Connection Rd Nerang	Tri Breath – Brett Hayes 555 95 418 or 0427 154 735	\$4.00
Thur 9am Oct – 5,12,19,26	Pizzey Park, Pizzey Dr Miami. Meet at athletic oval car park.	Tri Breath – Brett Hayes 555 95 418 or 0427 154 735	\$4.00
Thur 9am Nov – 2,9,16,23	Laguna Park, Laguna Ave Palm Beach	Tri Breath – Brett Hayes 555 95 418 or 0427 154 735	\$4.00
Come and Try Orienteering – Have fun learning basic map reading and navigation skills and enjoy the challenge of exploring some Gold Coast parks. Suitable for people of all ages and levels of skill. No special gear is required and instruction will be available before you start.			
Sun 23rd July 9 to 10.30am	Pizzey Park, Pizzey Road, Burleigh Waters (just past the lake)	Orienteering Qld 4683 6374 or www.oq.asn.au	\$5 adults \$3 juniors
Sun 3rd Sept 9 to 11am	Coombabah Wetlands Reserve, Rain Tree Glen, off Pine Ridge Road Coombabah.	Orienteering Qld 4683 6374 or www.oq.asn.au	\$5 adults \$3 juniors
\$2 Group Fitness Training - A fun and active group training program to suit people of all fitness levels. A personal trainer will guide you through various exercises that will have you feeling fitter and better about yourself. 6.00am start begins on Monday 23rd October.			
Mon to Sat 6.30 to 7.30am	Upper Coomera State College, Upper Coomera. Meet in the school car park on Brygon Creek Drive	JTS Health Naomi Hewett 0431 958 046	\$2.00 All ages
Mon to Sat 6.30 to 7.30am	Pacific Pines Central Park, Hotham Drive Pacific Pines. Meet in ca park off Hotham Drive.	JTS Health – Thy Trinh 0422 886 684	\$2.00 All ages
Mon to Sat 6.30 to 7.30am	Esplanade Park Paradise Point. (Map 8 R15)	JTS Health – Chris Lippold 0404 431 050	\$2.00 All ages
Mon to Fri 6.20 to 7.20am	Lands End Park, Marine Parade Biggera Waters. Meet at Lands End Bridge Car Park	JTS Health - Deeann Morris 0414 671 262	\$2.00 All ages
Mon, Wed, Thu 6.15 to 7.15am	Norm Rix Park, Government Rd Labrador (Map 29 A1)	StarLevar 'Health 4 Life' - Anna 0413 110 870	\$2.00 All ages
START 03/09 Mon to Sat 6.30 to 7.30am	Swift Park, Centurion Crescent Nerang. Meet at car park at Bert Swift Community Centre. (Map 17 N3)	JTS Health – Jonathan Shorter 0405 537 600	\$2.00 All ages
Mon to Sat 6.30 to 7.30am	Rugby Park, Helensvale. Meet in swimming pool car park off Rugby Drive.	JTS Health – Matt Todd 0423 307 876	\$2.00 All ages
Mon to Sat 6.30 to 7.30am	Evandale Park, Bundall Rd Surfers/Bundall (Map 39 H7)	JTS Health – Richard Burton 0412 010 291	\$2.00 All ages
Mon to Sat 6.30 to 7.30am	Albert Park, Broadbeach Waters Monaco and Fremar Sts . Meet at the kids playground on Fremar St	JTS Health – Linda Pederson 0408 418 151	\$2.00 All ages

Mon to Sat 6.30 to 7.30am	Robina Common, Ron Penhaligon Way Robina (Map 49 D11)	JTS Health – Jonathan Shorter 0405 537 600	\$2.00 All ages
Mon to Sat 6.30 to 7.30am	Burleigh Beach Park, Burleigh. Meet at car park on the Esplanade at the end of 3 rd Ave. (Map 60 E3)	JTS Health – Hunter Paltridge 0413 083 501	\$2.00 All ages
Mon to Sat 6.30 to 7.30am	Frascott Park, Yodelay Dr Varsity Lakes (Map 59 H8)	JTS Health – Lynda Muir 0404 446 158	\$2.00 All ages
Mon, Wed, Fri 6.30 to 7.30am	Laguna Park, Laguna Ave Palm Beach (Map 17 N3)	JTS Health –Blake Gilfillen 0403 743 574	\$2.00 All ages
START 03/09 Mon to Sat 6.30 to 7.30am	Kirra Beach Park, Marine Pde. Meet at SLSC Kirra (Map 72 E20)	JTS Health – Jonathan Shorter 0405 537 600	\$2.00 All ages
“Lambies “Shuster’s Park Fitness Group – Come join this friendly group for an invigorating walk and fitness session that is suitable for all ages and ability levels. Parents with Prams most welcome also.			
Wed & Fri 7.30am	Shuster’s Park, Currumbin. Meet in car park off Tallebudgera Creek Rd at end of Heather St. Map 70 A1	Graeme Lamb 5522 5049	\$5.00 All ages
Early Risers Exercise Session - A great way to start the day. A motivating session that combines basic athletic cardiovascular exercise and specific muscle conditioning exercises. Great for all ages and ability levels.			
Thur 6am to 7am	Currumbin SLSC Gym. Meet out the front of gym. Currumbin	Health Chi Wizz Matt. 0402 888 892	\$5.00 All ages
Enhance Your Life Walking Group – Come and join us on a gentle morning walk. A great way to start the day. Suitable for all fitness levels and ages.			
Mon 7 to 8am	Jacobs Ridge Reserve, Maidenwell Rd Jacobs Ridge (Map 305 N9)	Enhance Your Life PT Alison Pryce 0415 753 930	FREE All ages
Thur 7 to 8am	Brien Harris Oval, Peachy Rd Ormeau (Map 305 H11)	Enhance Your Life PT Alison Pryce 0415 753 930	FREE All ages
Group Fitness Class – Enjoy this fun and non intimidating total body workout. Improve your fitness, flexibility and overall strength. Great for seniors as well. Suitable for all fitness levels and abilities.			
Mon 10 to 11am	Centenary Park, off Alamein St Beenleigh. (Map 264 D19)	Enhance Your Life PT Alison Pryce 0415 753 930	\$3.00 All ages
Wed 10 to 11am	Brien Harris Oval, Peachy Rd Ormeau (Map 305 H11)	Enhance Your Life PT Alison Pryce 0415 753 930	\$3.00 All ages
Swiss Ball Core Strength Circuit – Learn the correct way to improve your posture and build your centre of power through a variety of effective exercises designed to strengthen your abdomen and back muscles while increasing your flexibility. Walk taller, feel stronger. Run by a Level 3 CHEK Practitioner, Jan Carton.			
Sat 7 to 8am	Ed Hardy Park, North Burleigh. Meet just south of North Burleigh SLSC. (Map 50 C18)	CHEK in Australia Jan 5591 1351 or 0403 678 165	\$3.00 All ages
“Yoga in the Park” Yoga is a relaxing and energising exercise that benefits the body, mind and soul. Classes cater for all levels and all ages. Please bring a towel or mat to all sessions.			
Wed 6.15 to 7.15am	Southport Broadwater Parklands, off GC Hwy. Meet in park to north of Olympic pool. (Map 29 J11)	Essence of Living Michelle 0413 137 155	\$2.00 All ages
Sat 7 to 8am	Kurrawa Park, Old Burleigh Rd (to north of SLSC) Broadbeach (Map 39 P18)	Essence of Living Michelle 0413 137 155	\$2.00 All ages
Sat 4 to 5pm	Burleigh Foreshore Park. Meet beachside opposite 4 th Ave Burleigh Heads. (Map 60 E2)	Yoga in Daily Life Tulsi 5576 0993	FREE All ages
Pilates – Pilates is a great all over body workout that will help transform the way your body looks, feels and performs. It builds strength, teaches body awareness and good posture. Great for alleviating back pain.			
Wed 4.30pm	Lions Park, Mudgeeraba Rd Mudgeeraba (Map 48 C18)	Essence of Living Michelle 0413 137 155	\$2.00 All ages
Thur 11am	Pilates for Back care - Laguna Park, Laguna Ave Palm Beach (Map 17 N3)	Essence of Living Michelle 0413 137 155	\$2.00 All ages
Stretch and Relax – We all need to stretch and relax more. Join in this great class that will help you improve your flexibility & posture with a focus on relaxation. You'll feel great after this class!			
Wed & Fri 9 to 10am	2241 Gold Coast Highway, Nobby Beach Shops. (near IGA) Nobby Beach	Australian School of Meditation & Yoga 5554 5440	\$5.00
Deep Peace Meditation – A great class that will help you find respite in a hectic world. The techniques learned in deep peace meditation will help you become much calmer and more peaceful.			

Mon, Tue, Fri 10.45am Mon 5.30pm	2241 Gold Coast Highway, Nobby Beach Shops. (near IGA) Nobby Beach	Australian School of Meditation & Yoga 5554 5440	Donation only
Body Bliss - A combination of pilates, yoga and tai chi in one invigorating session. Body Bliss will improve your core strength and flexibility and is a great way to de stress. Suitable for all ability levels. Please bring a towel or mat.			
Mon 6.15 to 7.15am	Kropp Park, Teemangum St. Currumbin. (Map 71 F7)	Libby – Body IQ 0419 771 059	\$2.00 All ages
Wed 10 to 11am	Carrara Community Centre. Nielsen’s Road Carrara.	Libby – Body IQ 0419 771 059	\$2.00 All ages
Fri 6.15 to 7.15am	Hollandale Park, Macarthur Pde. Main Beach. (Map 29 N16)	Libby – Body IQ 0419 771 059	\$2.00 All ages
BODY BLISS for Adults & BODY ROCKS for Kids now available at a community centre near YOU!! To find out more check out www.bodyiq.com.au or call Libby on 0419 771 059			
Tai Chi - Tai Chi is great for creating strength and health, with emphasis placed on body alignment, relaxation and slow movement. A qualified instructor will guide you through gentle movements for relaxation.			
Mon 7.15 - 8.15am	Rainbow Bay Foreshore Park, Marine Pde Coolangatta. (Map 72 L19)	GC Tai Chi Academy Dennis Watts 5545 1874	FREE All ages
Mon 8.30 - 9.30am	Albert Park, Fremar St, Broadbeach. Meet near children’s play area (Map 39 E17)	Aust Academy of Tai Chi & Qigong Rod 5572 8921	FREE All ages
Wed 7 to 8am	Bert Swift Community Hall, Centurion Crescent Nerang (Map 37 D5)	Aust Academy of Tai Chi & Qigong Brad 5572 8921	FREE All ages
Thur 8.45 - 9.45am	Careel Reserve, Helensvale. Park next to Community Centre, off Careel Close. (Map 17 J10)	Aust Academy of Tai Chi & Qigong Brad 5572 8921	FREE All ages
Wed 8 to 9am	Laguna Park, Laguna Ave Palm Beach (Map 17 N3)	GC Tai Chi Academy Dennis Watts 5545 1874	FREE All ages
Fri 8.30 - 9.30am	Esplanade Park, The Esplanade Paradise Point (Map 8 R15)	GC Tai Chi Academy Dennis Watts 5545 1874	FREE All ages
Sat 8 to 9am	Washington Waters Park, GC Hwy (opp Aust Fair) Southport. (Map 29 J11)	Health Chi Wizz Matt Hansen 0402 888 892	FREE All ages
Sat 3.30 - 4.30pm	Rosser Park, Ashmore Rd. Benowa. (Map 38 M10)	Aust Academy of Tai Chi & Qigong Brad 5572 8921	FREE All ages
Sun 3.30 - 4.30pm	Robina Common, Ron Penhaligon Way Robina (Map 49 D11)	Aust Academy of Tai Chi & Qigong Brad 5572 8921	FREE All ages
Urban Survivor - The boys from Urban Survivor provides unique and dynamic fitness training such as army drills, running, sprinting, weighted backpack hikes, beach circuit courses, boxercise classes and strength training circuits. All ability levels welcome.			
Tues 6 to 7am	Mick Schamburg Park, just north of Nobby Hill. Miami (Map 50 C18)	Urban Survivor 0410 401 280	\$5.00 Adults
Sat 6 to 7am	Mick Schamburg Park, just north of Nobby Hill. Miami. (Map 50 C18)	Urban Survivor 0410 401 280	\$5.00 Adults
Thur 5.30 to 6.30pm	Pratten Park, Old Burleigh Rd, Broadbeach. Meet in park to south of Kurrawa SLSC. (Map 39 P20)	Urban Survivor 0410 401 280	\$5.00 Adults
Step into Life Toning Sessions A class using weight and body weight based exercises designed to strengthen and tone the major muscle groups, to decrease body fat and give you a firmer feel. Step into Life specialises in-group personal training. We provide state-of-the-art group exercise programs delivered by fully qualified and highly skilled trainers. Max 18.			
Wed 6.15 to 7.15am	Runaway Bay Sports Oval, off Lae Drive Runaway Bay. (Map 19 B7)	Step into Life. Jay and Ian Verrico 5591 1850	FREE All ages
Jungle Gym Workout – Learn the correct way to use the fitness equipment in our parks. A great fun session that will improve your overall strength and fitness. All ability levels welcome.			
Fri 6.30 to 7.30am	Meet in car park of North Burleigh SLSC, the Esplanade. (Map 50 D19)	FIT Levi 0412 798 316	\$5.00 Adults
Sat 6 to 7am	Hollandale Park, Seaworld Dr Main Beach. Meet in car park to south of Sheraton Mirage. (Map 29 M13)	FIT Levi 0412 798 316	\$5.00 Adults
Sat 7 to 8am	Logan River Parklands, off Blackbird St Loganholme. Meet in car park. (Map 264 A12)	FIT Levi 0412 798 316	\$5.00 Adults

Total Fitness Session - Get a fun, fast paced, full body toning workout in one hour with our total fitness session. Define, strengthen and tone the major muscle groups of your body, while having fun at the same time. Great for beginners.			
Wed 5.30 to 6.30pm	Currumbin Beach. Meet at Currumbin SLSC. Currumbin	Health Chi Wizz Matt 0402 888 892	All ages \$5.00
Health and Wellness Walk - A gentle and relaxed walk, followed by an informative health and nutrition talk. Specially designed for people with vision impairment, people with special needs and the elderly. Transport is available in certain areas. Please call if pick up is required.			
Mon 10 to 11am	Banksia Hall, Crescent Ave. Hope Island. (Map 8 H10)	Leanne Graham 0405 512 700	\$2.00 Book
Wed 10 to 11am	Dux Oval Labrador (Oval behind Labrador Senior Citizens Centre). (Map 19 D20)	Leanne Graham 0405 512 700	\$2.00 Book
SENIORS			
SENIORS WEEK 19th TO 26th AUGUST 2006 "GRANDPARENTS AND ME" FREE FAMILY FUN DAY SUNDAY 20TH AUGUST PRATTEN PARK BROADBEACH 10am to 1pm			
Senior Strength - Join this fun, motivating and friendly group training session for the over 50's. Improve your posture, flexibility and strength with this gentle outdoor group exercise session.			
Tues 9 to 10am	Rosser Park, Ashmore Rd. Benowa. (Map 38 M10)	Theresa - Hands On Personal Training 0432 692 131	\$2.00
Wed 8 to 9am	Broadwater Meeting Rooms, Dux Oval Labrador New centre behind the Labrador Senior Citizens	StarLevar 'Health 4 Life' - Anna 0413 110 870	\$2.00
Pilates for Back Care – The back is the foundation for functional fitness. This gentle class will help you strengthen the deep support muscles around the spine while engaging both mind and body as you work towards a strong, healthy, stress-free back.			
Thur 11am to 12pm	Pilates for Back care - Laguna Park, Laguna Ave Palm Beach (Map 17 N3)	Essence of Living Michelle 0413 137 155	\$2.00
Functional Fitness for Seniors - Become stronger and functionally fit as you age. Learn how to prevent falls and improve your core strength, flexibility, posture and nutritional health in this 3 week program designed specifically for seniors over 50. Run by qualified CHEK practitioners. 3 week program running September 5th, 12th and 19th 2006.			
Tues 10 to 11.30am 5/9,12/9 & 19/9	Coomera Oxenford Youth Centre. Tambourine/Oxenford Rd, Coomera. (Map 6 P18)	CHEK in Australia Jan 5591 1351 or 0403 678 165	\$5.00 for hall hire
Mature and Getting Motivated! – This fun, combination class will help you to build core strength, increase muscle tone and boost cardio-vascular capacity, making it an ideal starting point for those of 50 and better! Take this step towards increasing your active and healthy lifestyle, while meeting new friends.			
Fri 10am	Coomera Oxenford Youth Centre. Tambourine/Oxenford Rd, Coomera. (Map 6 P18)	Action Health and Fitness Chantelle on 55 298 087	\$3.00
Mature Aged Exercise Classes – These classes will leave you feeling great. Improve your mobility, flexibility and strength in these fun and motivating exercise sessions. A great way to meet others.			
Mon 9am	Anglican Church Building, 69 Palm Beach Ave, Palm Beach	Lyn Collett – ME Classes 0408 873 176	\$5.00
Mon 10.30am	Runaway Bay Community Centre, Lae Drive Runaway Bay	Lyn Collett – ME Classes 0408 873 176	\$5.00
Tues 8am and 9.30am	Uniting Church Hall, 4 Greenwich Court Robina	Lyn Collett – ME Classes 0408 873 176	\$5.00
Tues 9.30am	Amity Gardens, 5 Lockinvar Court Ashmore	Lyn Collett – ME Classes 0408 873 176	\$5.00
Tues 11.30am	Fitness Connection, Jackman Street Southport	Lyn Collett – ME Classes 0408 873 176	\$5.00
Wed 9.30am	Mermaid Beach Community Centre, 2439 GC Hwy Mermaid Beach	Lyn Collett – ME Classes 0408 873 176	\$5.00
Wed 6pm	Uniting Church Hall, 4 Greenwich Court Robina	Lyn Collett – ME Classes 0408 873 176	\$5.00
Thur (Dance) 8.45am	Anglican Church Building, 69 Palm Beach Ave, Palm Beach	Lyn Collett – ME Classes 0408 873 176	\$5.00

Thur 9.30am	Italo Australian Club, Fairways Drive Clear Island Waters	Lyn Collett – ME Classes 0408 873 176	\$5.00
Thurs 10am	Helensvale Community Centre, 31-35 Discovery Drive Helensvale	Lyn Collett – ME Classes 0408 873 176	\$5.00
Fri 9.30am	Burleigh Waters Community Centre, Christine Ave Burleigh Waters	Lyn Collett – ME Classes 0408 873 176	\$5.00
Fri 10am	Runaway Bay Community Centre, Lae Drive Runaway Bay	Lyn Collett – ME Classes 0408 873 176	\$5.00
Young at Heart Yoga - Yoga is a relaxing and energising exercise that benefits the body, mind and soul. Young at Heart Yoga is specially designed for people over 50.			
Mon 11 to 12pm	Coomera Oxenford Youth Centre. Tambourine/Oxenford Rd, Coomera. (Map 6 P18)	Essence of Living Michelle 0413 137 155	\$3.00 for hall hire
Wed 11 to 12pm	Cascade Gardens, off GC Hwy Broadbeach. (Map 39 M15)	Essence of Living Michelle 0413 137 155	\$2.00
Fit Forever – Great for over 50's, this strength and resistance class is gentle yet empowering. Even if you have never exercised before, this class will improve your flexibility and heart health.			
Tues 10 to 11am	Queen Elizabeth Park, Marine Pde Coolangatta. Meet near Coolangatta SLSC (Map 72 G20)	Health Chi Wizz Matt 0402888892	\$3.00
60 and Better Program. Come join in the fun and invigorating range of activities offered by the friendly 60 & Better group. A great way to meet new people and get moving at the same time. Tea, coffee and biscuits and a chat are on offer.			
Tai Chi Mon 8.45am	The Pines Meeting Room, Elanora	60 and Better 5525 6466	\$5.00
Move to Music Tues 10 to 11	Mudgeeraba Memorial Hall Mudgeeraba	60 and Better 5525 6466	\$5.00
Over 50's Class Wed 7.30am	The Pines Meeting Rooms Elanora	60 and Better 5525 6466	\$5.00
Tai Chi Wed 10 to 11	Robina Community Centre	60 and Better 5562 0668	\$3.00
Move to Music Thur 10.30am	Burleigh Masonic Hall	60 and Better 5525 6466	\$5.00
Table Tennis Wed 9 to 1pm Fri 1 to 3pm	The Pines Meeting Rooms Elanora Great for the Men!	60 and Better 5525 6466	\$3.00
Dr Cornish Walking Program - Promotes healthy exercise habits through a medically supervised walking program. Run by an experienced Exercise Physiologist. Please bring current stress test from doctor on first visit.			
Tues & Thurs 6 to 7am	Pratten Park, Old Burleigh Rd, Broadbeach. Meet opp primary school. (Map 49 Q2)	Dr Cornish Walking Program Karen on 0414 632 801	FREE
Tuesday 8 to 9am	Mallawa Drive, Sporting Complex, 19 th Ave Palm Beach. (Map 60 G16)	Dr Cornish Walking Program Karen on 0414 632 801	FREE
Thursday 8 to 9am	Runaway Bay Sporting Oval, Lae Drive Runaway Bay. (Map 19 B7)	Dr Cornish Walking Program Karen on 0414 632 801	FREE



active & healthy GC

Get Up, Get Out and Get Active





Just Walk It

Walking Groups on the Coast



'Just Walk It' is **Australia's largest group walking program** with a whole range of walks being staged all across Queensland.

Each 'Just Walk It' group is led by a local volunteer Walk Organiser and we are always looking for more volunteers who would like to start up a walking group in an area where they live.

'Just Walk It' can help you start being physically active and stay that way. Walking in a group increases your enjoyment, motivation and commitment to being active on a regular basis.

Just Walk It Walking Groups on the Gold Coast

Mon Wed Fri 5.30am	Runaway Bay Sports Super Centre (walk on track)	Catherine Campbell 5571 5704
Tues, Thur, Sat 6.15am	Robina Town Centre, Robina. Meet at the Coffee Club. (Map 48 L20)	60 & Better 5525 6466
Wed 7.15am	Tree Tops Shopping Centre Burleigh Waters (Map 59 L10)	60 & Better 5525 6466
Wed 9.30am	Varsity Lakes Community Resource Centre, off Mattocks Rd Varsity Lakes	Resource Centre Sandra 5593 7006
Tues 6.00am	Burleigh Heads Foreshore Park. Meet at 5 th Ave (beach end) Burleigh	Paul Shirley 5576 5232
Sun 6.30am	Burleigh Heads. Meet near Mermaids, Goodwin Street. Burleigh	Bern Hood 5576 5196
Mon Wed Thur 6am	Norm Rix Park, Government Rd Labrador	Council 5581 5233
Mon 7am	Jacobs Ridge Reserve, Maidenwell Rd Jacobs Ridge	Alison Pryce 0415 753 930
Thur 7am	Brien Harris Oval, Peachy Rd Ormeau	Alison Pryce 0415 753 930
Mon 4.30pm	Village Park at Delfin Woodlands, off Gardiner Rd Waterford/Beenleigh.	Victoria 07 3280 2269
Wed 6am and 9am	Eagleby Plaza Car Park, Corner Fryar Rd and River Hills Rd Eagleby	Active Eagleby 07 3287 3938
Mon Wed Fri 4.45pm	Our Place, Bishop Street Eagleby	Active Eagleby 07 3287 3938
Wed & Fri 7.30am	Shuster's Park, Currumbin. Meet in car park off Tallebudgera Creek Rd at end of Heather St.	Graeme Lamb 5522 5049
Sat 8.15am	Tweed Heads Community Health Centre. Meet in car park.	Walking for Pleasure 5506 7516

To find out how to start a Just Walk It group in your local area please call the Gold Coast's Walk Organiser on 5581 5233.



Active and Healthy @ Your Library

July

Come down to your library during the Active and Healthy @ your Library Week, and find out all you need to know about healthy eating, fitness and relaxation. All talks are FREE, to register your place just contact your branch library.

The Healthy Nutrition Talks, are being presented by well renowned Nutritionist's from Amanda Clarke and Associates. Phone: 5536 6400

Tri Breath Information Sessions The Tri-Breath techniques are simple, powerful and practical breathing and mind techniques that enhance lung capacity, calm and strengthen the nervous system and improve the way you walk, run and move in all your activities. Run by Brett Hayes on 555 95 418 or 0427 154 735

Functional Fitness Talks - Become stronger and functionally fit for everyday life. Learn how to improve your core strength, flexibility, posture and nutritional health in these informative sessions. Run by a qualified CHEK practitioner Jan Carton.

Breathe, Relax and Rejuvenate Learn about proper relaxation techniques, deep breathing exercises and the power of the mind-body connection to induce relaxation and enhance well being. Run by Libby Weston from Body IQ 0419 771 059

Date	Workshops	Library Venues	Times
Tues 25 th July	Tri Breath	Southport 5581 7200	10.00am
	Tri Breath	Mermaid Waters 5572 2766	2.00pm
Wed 26 July	Handy foods for the cupboard	Beenleigh 07 3807 5511	10.00am
	Tri Breath	Robina 5581 1600	10.30am
	Breathe, relax and rejuvenate	Runaway Bay 5581 7220	4.30pm
Thur 27 July	Functional Fitness	Coolangatta 5581 7240	2.00pm
	Shopping hints for Healthy Eating	Helensvale 5573 6555	5.30pm
Fri 28 July	Shopping and cooking for one or two	Burleigh Heads 5581 7230	10.00am
	Functional Fitness	Nerang 5581 7180	10.00am
	Tri Breath	Burleigh Waters 5576 4600	10.30am
	Tips for Eating Healthy	Palm Beach 5581 7250	1.30pm

For more information or to register for a session, please call your local library on the numbers listed above.

Active and Healthy @ Your Library

November

Come down to your library during the Active and Healthy @ your Library month, and find out all you need to know about healthy eating, fitness and relaxation. All talks are FREE, to register your place just contact your branch library.

The Healthy Nutrition Talks are being presented by well renowned Nutritionist s from Amanda Clarke and Associates. Phone 5536 6400.

Health Chi Wizz – Talks by Matt Hansen (0402 888 892) are as follows:

Chi gung - Chi Gung is often credited with halting and reversing diseases, lengthening life and maintaining the body in a useful and healthy state into old age. Come learn how!

Naturopath/Nutrition - Learn about the make up of the body, internal and external, and how structurally it all connects.

Chinese Kung Fu - Discipline, motivation, self-defence, rhythm, timing, culture, history and the spiritual effect this can have on your life.

Tai Chi - How it develops strength, body alignment, relaxation creating a clearer state of mind allowing you to become more in control of your health and well being

Date	Workshops	Library Venues	Times
Wed 1 Nov	Tai Chi	Southport 5581 7200	10.00am
Tues 7 Nov	Naturopathy and nutrition	Palm Beach 5581 7250	11.00am
Wed 8 Nov	Chi Gung	Nerang 5581 7180	10.00am
Thur 9 Nov	Handy foods for the cupboard	Robina 5581 1600	10.30am
Fri 10 Nov	Shopping and cooking for one or two	Burleigh Waters 5576 4600	10.00am
Tues 14 Nov	Tai Chi	Coolangatta 5581 7240	11.00am
Thur 16 Nov	Chi Gung	Burleigh Heads 5581 7230	10.00am
Tues 21 Nov	Shopping and cooking for one or two	Mermaid Waters 5572 2766	10.30am
Thur 23 Nov	Shopping hints for Healthy Eating	Runaway Bay 5581 7220	10.30am
Sat 25 Nov	Chinese Kung-Fu	Helensvale 5573 6555	10.00am
Wed 29 Nov	Tai Chi	Beenleigh 07 3807 5511	10.00am

For more information or to register for a session, please call your local library on the numbers listed above.



Get Up Get Out and Get Active – Every Step Counts

10,000 Steps is all about getting people to make movement a part of their everyday lives. Using a pedometer, the goal is to accumulate at least 10,000 steps each day.

The Council in partnership with Qld Health has supplied all Gold Coast Libraries with pedometers. These can be loaned out to library customers through the 10,000 Steps Library Loan Scheme.

Call you local library or check out www.10000steps.org.au for more information about the program.



RUN GC



Run GC is a Gold Coast City Council supported program that offers a range of running groups to suit beginners of all ages.

A range of running groups are offered in locations all across the city, and it is the perfect way to train up to participate in either the 7.5km walk, 10km run or half or full marathons in this years Gold Coast Marathon.

All sessions are free or low cost and for a copy of the program go to www.goldcoastcity.com.au/activehealthygc or call the council on 07 5581 5233.

School Holiday Fun

Want to experience the thrill of riding the waves in learn to surf workshops, have a go at drumming and juggling, head to a pool for a Splashtastic Fun Day, go rock climbing or join a range of activity providers in our parks for some active fun and games?

Then check out the Active and Healthy GC School Holiday Program.

A range of activities for young kids from 4 to 12 years and teenagers from 13 to 17 years will be offered in local parks all over the city.

All activities will be free or of low cost and are offered in the June, September and Christmas school holiday periods
Check out the Councils website for more details or call Council on 5581 5233.

Proudly presented by The Gold Coast City Council

