



FREE FITNESS CLASSES

Class	Day / Time	Location
Zumba Gold	Monday – 9.00am	Gordonvale, Norman Park
Chair Yoga	Monday - 9.00am	Edmonton, Down Park Community Hall
Seniors Exercise	Monday – 9.30am	Esplanade, Fogarty Park
Zumba	Monday – 5pm	Brinsmead, Loridan Drive Park
Sunrise Yoga	Tuesday – 7am	Trinity Beach, Vasey Esplanade
Qigong for Body Mind and Spirit	Tuesday – 4.30pm	Edge Hill, Botanic Gardens Fitzalan Garden (Collins Av)
Beach Volleyball	Tuesday – 5.30pm	Esplanade, Beach Volleyball Court
Zumba	Tuesday – 5.30pm	Esplanade, Fogarty Park
Gentle Yoga	Wednesday – 6.30am	Goomboora Park, Brinsmead
Resistance Training for Metabolic Health	Wednesday – 7.30am	Manunda, Harald Falge Park
Aqua Zumba	Wednesday – 5.30pm	Esplanade, Lagoon
Pilates	Thursday – 6.30am	Esplanade, Fogarty Park
Zumba Gold	Thursday – 9.30am	Bill Wakeham Park, Babinda
Gentle Yoga	Thursday – 4.30pm	Edge Hill, Botanic Gardens Fitzalan Garden (Collins Ave)
Zumba	Thursday – 5pm	Smithfield, Library Oval
Zumba	Friday – 5.30pm	Edmonton, Ravizza Park
Sahaja Yoga Meditation	Saturday – 7.30am	Esplanade, Eastern Events Lawn, opposite Pier Shopping Centre
Aqua Zumba	Saturday – 9am	Esplanade, Lagoon

More info: Facebook: @CairnsActiveLiving

