

# Active & Healthy

**Men's edition** | Free and low-cost activities in Logan

July 2022 to June 2023





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Looking after your physical, mental and emotional health has never been more important. Regular exercise can relieve stress, improve memory, help you sleep better and boost your overall mood. Our Active and Healthy program is also a great way to socialise and connect with like-minded men in your local community.

With lots of weekly, free and low-cost activities in Logan, it's never been easier to walk, lift or talk to a healthier you, with our Men's Inspired Active and Healthy program.

To ensure that our providers can meet current health guidelines and restrictions, some activities may have smaller class sizes. To stay safe and healthy at our activities, please follow rules or guidelines set by the health authorities and Active and Healthy providers.

Keep up to date with changes to activities by visiting [logan.qld.gov.au/healthy](https://logan.qld.gov.au/healthy)

For tips and activities to stay healthy and keep moving in Logan, subscribe to our e-newsletter at [logan.qld.gov.au/subscribe-healthy](https://logan.qld.gov.au/subscribe-healthy)

Pick an activity perfect for you, encourage your mates to join in and improve your wellbeing.

We hope you enjoy and 2022/2023 program!

Thanks,

**The Active and Healthy team**


# Acknowledgement of Country

Logan City Council acknowledges the Traditional Custodians of the land, pays respect to Elders past, present and emerging and extends that respect to all Aboriginal and Torres Strait Islander peoples in the City of Logan.

Image: Jessica Skeen-McKinnon (Muralappi), *Journey to a Brighter Tomorrow* (detail)



### Things you need to know

- Activities delivered from:
  - Friday 1 July 2022 to Friday 30 June 2023 (except during 12 December 2022 to 8 January 2023)
- Activities will not run on a public holidays
- Please contact the activity provider directly for bookings and enquiries
- In the event of bad weather, please contact the activity provider to check if the activity will be cancelled
- Find changes and updates to the program at **[logan.qld.gov.au/active-healthy-program](https://logan.qld.gov.au/active-healthy-program)**
- For most activities, you'll need to:
  - wear enclosed shoes
  - bring a water bottle
  - wear suitable clothing and bring a towel
  - bring a hat and sunscreen for outdoor activities.
- To participate in the Active and Healthy program, each person is required to complete a registration form every three months. These forms are available from the activity provider or at **[logan.qld.gov.au/active-healthy-program](https://logan.qld.gov.au/active-healthy-program)**
-  – indicates that an activity is only promoted (and not funded) by Active and Healthy.

# Win a prize pack!

Have you participated in an Active and Healthy class? Take our survey and help us make our program even better. By sharing your feedback, you'll enter our monthly draw to win a prize pack. Take our survey now.



By doing so, you can also enter our yearly random prize draw to win a Garmin watch. Competition terms and conditions are available at **[logan.qld.gov.au/active-healthy-comp](https://logan.qld.gov.au/active-healthy-comp)**





# COOKING AND NUTRITION





2022									
JUL	AUG	SEP	OCT	NOV	DEC	ACTIVITY	SUBURB	PG	
●	●		●	●		Cooking Club for Adults and Seniors	Slacks Creek	8	
		●				Cooking for a Healthy Heart	Hillcrest	8	
2023									
JAN	FEB	MAR	APR	MAY	JUN	ACTIVITY	SUBURB	PG	
	●	●				NEST (Nutrition Education Skills Training)	Hillcrest	9	
	●	●		●	●	Cooking Club for Adults and Seniors	Slacks Creek	8	
		●				Cooking for a Healthy Heart	Springwood	8	

Please refer to the page number for detailed information regarding each activity.



## Cooking Club for Adults and Seniors

This five-week course aims to inspire participants to get cooking. Learn how to cook fresh, seasonal produce with herbs and spices. Create healthier meals which are easy to adapt and replicate at home. Enjoy cooking, sharing a meal and meeting new community members. Please wear enclosed shoes. **Bookings are essential.**

When	Where	Contact	Cost
<b>Tuesdays</b> 12 pm to 2 pm 19 July to 16 August 2022, 11 October to 8 November 2022, 14 February to 14 March 2023 and 2 May to 30 May 2023	<b>Kingston East                      Neighbourhood Centre</b> 177 Meakin Road, Slacks Creek	<b>Kingston East Neighbourhood                      Group</b> Phone: 07 3808 1684 Email: admin@keng.org.au	<b>Free</b>

## Cooking for a Healthy Heart

Learn practical tips to creating heart healthy meals. This hands-on cooking class shows you how to make healthy food taste amazing. Please wear enclosed shoes. Suitable for those aged 18 years and over. **Bookings are essential.**

When	Where	Contact	Cost
<b>Saturday 3                      September 2022</b> 10 am to 11:30 am	<b>Logan West Community                      Centre</b> 2 Wineglass Drive, Hillcrest	<b>NAQ Nutrition</b> Phone: 07 3257 4393 Email: healthyathome@naqld.org	<b>\$3</b>
<b>Thursday 2                      March 2023</b> 10 am to 11:30 am	<b>The Little Vege Patch</b> 121 Barbarella Drive, Springwood	<b>NAQ Nutrition</b> Phone: 07 3257 4393 Email: healthyathome@naqld.org	<b>\$3</b>

## NEST (Nutrition Education Skills Training)

This six-week program aims to improve your nutrition, food literacy and cooking skills. Each session integrates a series of hands-on nutrition and food literacy activities. These are practical cooking lessons that end in the sharing of a meal together. All activities are group-based, fostering conversations and social connections. At the end of the program, you'll receive a cookbook so you can continue to make affordable meals at home. Suitable for those aged 18 years and over. **Bookings are essential.**

When	Where	Contact	Cost
<b>Wednesdays</b> Between 1 February to 8 March 2023 10 am to 12:30 pm	<b>Logan West Community                      Centre</b> 2 Wineglass Drive, Hillcrest	<b>OzHarvest</b> Phone: 0472 724 864 Email: queensland.nest@ozharvest.org	<b>Free</b>





# FITNESS AND SPORTS





6 AM	9 AM	12 PM	3 PM	6 PM	ACTIVITY	SUBURB	PG
<b>MONDAY</b>							
	●				Walking Football	Greenbank	18
		●			Get Fit for Work	Browns Plains	15
				●	Bootcamp for Families	Waterford West	14
				●	Boxing	Crestmead	14
<b>TUESDAY</b>							
		●			Swimming for Adults	Kingston	17
				●	Bootcamp for Men	Meadowbrook	14
<b>WEDNESDAY</b>							
	●				Walking Football	Greenbank	18
<b>THURSDAY</b>							
		●			Swimming for Adults	Kingston	17
				●	Bootcamp	Crestmead	13
<b>FRIDAY</b>							
	●				Walking Football	Greenbank	18
				●	Bootcamp	Meadowbrook	13
<b>SATURDAY</b>							
●					Bootcamp for Men	Meadowbrook	14
	●				Bootcamp	Mount Warren Park	13
	●				parkrun	Browns Plains	16
	●				parkrun	Yarrabilba	16
	●				parkrun	Beenleigh	16
	●				parkrun	Meadowbrook	16
	●				parkrun	Greenbank	16
	●				parkrun	Underwood	16
		●			Wakeboarding	Carbrook	17
	●				Bootcamp	Flagstone	13
	●				Bootcamp for Families	Waterford West	14
		●			Swimming for Adults	Kingston	17
		●			Martial Arts	Tanah Merah	15

Please refer to the page number for detailed information regarding each activity.



2022						ACTIVITY	SUBURB	PG
JUL	AUG	SEP	OCT	NOV	DEC			
			●	—	●	Barrier Breakers – Disability Focused Strength and Conditioning Program	Crestmead	13

Please refer to the page number for detailed information regarding each activity.



## Barrier Breakers – Disability Focused Strength and Conditioning Program

This is a ten-week fitness program for athletes living with disability. Improve your strength, athleticism, develop power and build confidence. Sessions include gym based weight exercises as well as cardio. Participants receive a fitness assessment at the beginning and end of the program! Sessions are delivered by an exercise physiologist. Suitable for those aged 14 years and over. Please bring a water bottle and towel. **Bookings are essential.**

When	Where	Contact	Cost
<b>Thursdays</b> Between 6 October to 8 December 2022 2 pm to 3 pm	<b>Logan Metro Sports            Centre</b> 357 Browns Plains Road, Crestmead	<b>Logan Metro Sports Centre</b> Phone: 07 3081 6622 Email: alliedhealth@logan.qld.gov.au	<b>\$5</b>

## Bootcamp

These classes aim to build strength, flexibility and fitness. Get fit using a range of exercises in a fun and social environment.

When	Where	Contact	Cost
<b>Thursdays</b> 5:30 pm to 6:30 pm (14 years and over)	<b>Logan Metro Sports            Centre</b> 357 Browns Plains Road, Crestmead	<b>inSports Logan Metro</b> Phone: 07 3081 6622 Email: insports@logan.qld.gov.au	<b>\$4</b>
<b>Fridays</b> 6 pm to 7 pm (12 years and over)	<b>Farshon Inivale</b> 26/33 Meakin Road, Meadowbrook	<b>Farshon Inivale</b> Phone: 0448 730 023 Email: f4lrxd@gmail.com	<b>Free</b>
<b>Saturdays</b> 7 am to 8 am (14 years and over)	<b>Mount Warren Sports            Centre</b> 2 Milne Street, Mount Warren Park	<b>inSports Mt Warren</b> Phone: 07 3412 5440 Email: maryjoy@logan.qld.gov.au	<b>\$4</b>
<b>Saturdays</b> (No classes delivered on the last Saturday of each month) 7:30 am to 8:30 am (8 years and over)	<b>Flagstone            Amphitheatre</b> Parkside Drive, Flagstone	<b>KK Body Worx</b> Phone: 0400 641 287 Email: kkbodyworx@gmail.com	<b>\$5</b>



## Bootcamp for Families

A group training session designed to make health and fitness fun for families. Suitable for those aged 6 years and over.

When	Where	Contact	Cost
<b>Mondays</b> 6 pm to 7 pm	<b>Marsden State High School Sports Centre</b> 106-130 Muchow Road, Waterford West	<b>SilverBackZ</b> Phone: 0410 848 345 Email: info@silverbackz.com.au	<b>\$2 and free for children under 12 years</b>
<b>Saturdays</b> 7 am to 8 am	<b>Marsden State High School Sports Centre</b> 106-130 Muchow Road, Waterford West	<b>SilverBackZ</b> Phone: 0410 848 345 Email: info@silverbackz.com.au	<b>\$2 and free for children under 12 years</b>

## Bootcamp for Men

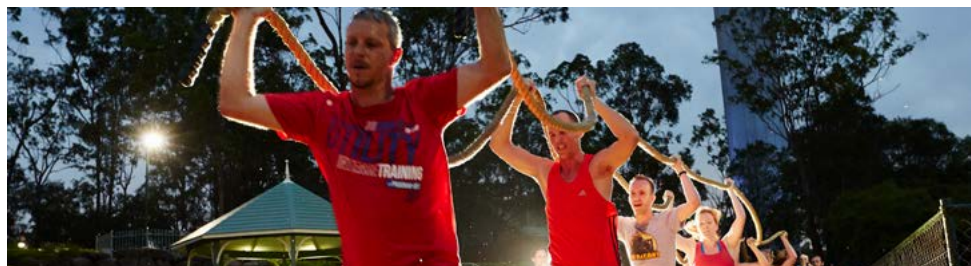
These classes aim to build strength, flexibility and fitness. Get fit using a range of exercises in a fun and social environment for men. Caters for all fitness levels, suitable for men aged 12 years and over.

When	Where	Contact	Cost
<b>Tuesdays</b> 6 pm to 7 pm	<b>Farshon Inivale</b> 26/33 Meakin Road, Meadowbrook	<b>Farshon Inivale</b> Phone: 0448 730 023 Email: f4lrx@gmail.com	<b>Free</b>
<b>Saturdays</b> 5:30 am to 7 am	<b>Farshon Inivale</b> 26/33 Meakin Road, Meadowbrook	<b>Farshon Inivale</b> Phone: 0448 730 023 Email: f4lrx@gmail.com	<b>Free</b>

## Boxing

These classes aim to build strength and fitness. Boxing encourages self-confidence and focus. This activity is suitable for all fitness levels and those aged 8 years and over.

When	Where	Contact	Cost
<b>Mondays</b> 6:30 pm to 7:30 pm (School terms only)	<b>Crestmead PCYC</b> Gimlet Street, Crestmead	<b>Crestmead PCYC</b> Phone: 07 3805 4100 Email: crestmead@pcyc.org.au	<b>\$5</b>



## Bushwalking (Clicking for Change)

Experience bushwalking with a difference! Take pictures at photo points along a walking trail to create your own story about nature. Your photos and observations will help scientists understand how our natural environment is changing. All you need is your smartphone to download apps, walking shoes, a hat and a water bottle. Suitable for people of all ages who have the ability to walk bushwalking trails. **Bookings are essential.**

When	Where	Contact	Cost
<b>Sundays</b> 23 October 2022, 26 February, 23 April, and 25 June 2023 9 am to 11 am	<b>Spring Mountain Recreation Trail</b> Thornbill Drive, Greenbank (Meet at the trail entrance)	<b>Work Eco</b> Phone: 0420 580 031 Email: info@workeco.eco.au	<b>\$5</b>

## Get Fit for Work

This mentoring and group training program is for long term unemployed job seekers. Gain skills and abilities to overcome barriers through physical and social participation. Manage stress and social anxiety through exercise, wellbeing activities and nutrition. Please bring a hat, drink bottle and wear comfortable exercise clothes. Suitable for those aged 16 years and over. **Bookings are essential.**

When	Where	Contact	Cost
<b>Mondays</b> 9:30 am to 11:30 am (Between 11 July and 9 December 2022) (School terms only)	<b>Forestglen Park</b> Parkland Avenue, Browns Plains	<b>BDR Fitness</b> Phone: 0476 771 922 Email: brendan@bdrfitness.com.au	<b>\$5</b>

## Martial Arts

This fun class covers the basics of martial arts. You'll learn kicking, punching and grappling. This class is great for beginners. Wear comfortable clothing. Suitable for those aged 10 years and over. **Bookings are essential.**

When	Where	Contact	Cost
<b>Saturdays</b> 9:30 am to 10:15 am (School terms only)	<b>KMA Brisbane</b> 2/19 Pintu Drive, Tanah Merah	<b>KMA Brisbane</b> Phone: 0410 645 552 Email: davidkingtkd@gmail.com	<b>\$3</b>



**parkrun**



parkrun organises free, weekly, 5 kilometre timed runs around the world. The runs are open to everyone and are safe and easy to join.

When	Where	Contact	Cost
Saturdays 7 am	<b>Berrinba Wetlands,</b> Browns Plains	<b>Website:</b> parkrun.com.au	Free
	<b>Darlington Parklands,</b> Yarrabilba		
	<b>Logan River Parklands,</b> Beenleigh		
	<b>Riverdale Park,</b> Meadowbrook		
	<b>Spring Mountain Reserve,</b> Greenbank		
	<b>Underwood Park,</b> Underwood		





## Swimming for Adults

This four-week group adult swimming program is for people with little or no swimming ability. It's designed for people who are learning English. The program will empower adults through learning water safety skills and stroke introduction. Come and earn an Australian swimming certificate, make new friends and build confidence. With your new skills you will enjoy your time in the water. Please bring swimwear, swim cap, goggles, towel and a water bottle. Suitable for those aged 16 years and over. **Bookings are essential.**

When	Where	Contact	Cost
<b>Tuesdays</b> 12 pm to 2 pm Between 31 January to 21 February 2023, 28 February to 21 March 2023, 18 April to 16 May 2023 and 23 May to 20 June 2023	<b>Gould Adams Park</b> 558 Kingston Road, Kingston	<b>The Aqua English Project</b> Phone: 0406 063 737 Email: info@aquaenglish.com.au	<b>Free</b>
<b>Thursdays</b> 12 pm to 2 pm Between 2 February to 23 February 2023, 28 February to 21 March 2023, 20 April to 11 May 2023 and 18 May to 8 June 2023	<b>Gould Adams Park</b> 558 Kingston Road, Kingston	<b>The Aqua English Project</b> Phone: 0406 063 737 Email: info@aquaenglish.com.au	<b>Free</b>
<b>Saturdays</b> 12 pm to 2 pm Between 4 February to 25 February 2023, 4 March to 25 March 2023, 22 April to 13 May 2023 and 20 May to 10 June 2023	<b>Gould Adams Park</b> 558 Kingston Road, Kingston	<b>The Aqua English Project</b> Phone: 0406 063 737 Email: info@aquaenglish.com.au	<b>Free</b>


## Wakeboarding

This learn to wakeboard program caters for all ages and ability levels. It's fabulous fun for the whole family. With training from qualified coaches, you'll be on top of a wakeboard and hitting ramps sooner than you think! Suitable for those aged 8 years and over. **Bookings are essential.**

When	Where	Contact	Cost
<b>Saturdays</b> 9:30 am to 11 am (Between 1 October 2022 and 31 March 2023)	<b>Bayside Wake Park</b> 80B Ferry Road, Carbrook	<b>Bayside Wake Park</b> Phone: 07 3287 7777 Email: cableski@bigpond.com	<b>\$7</b>

## Walking Football

This low-impact slower paced version of football, provides physical and mental health benefits and social connection. You'll get active in a fun, safe, inclusive and social environment suitable for people aged 50 years and over. Please bring a hat, sunscreen and water bottle.

When	Where	Contact	Cost
<b>Mondays</b> 8 am to 10 am (warmer months) 9 am to 11 am (cooler months)	<b>Middle Green Park</b> 720 - 768 Middle Road, Greenbank	<b>Football Queensland</b> Phone: 0466 640 578 Email: <a href="mailto:alant@footballqueensland.com.au">alant@footballqueensland.com.au</a>	<b>Free</b>
<b>Wednesdays</b> 8 am to 10 am (warmer months) 9 am to 11 am (cooler months)	<b>Middle Green Park</b> 720 - 768 Middle Road, Greenbank	<b>Football Queensland</b> Phone: 0466 640 578 Email: <a href="mailto:alant@footballqueensland.com.au">alant@footballqueensland.com.au</a>	<b>Free</b>
<b>Fridays</b> 8 am to 10 am (warmer months) 9 am to 11 am (cooler months)	<b>Middle Green Park</b> 720 - 768 Middle Road, Greenbank	<b>Football Queensland</b> Phone: 0466 640 578 Email: <a href="mailto:alant@footballqueensland.com.au">alant@footballqueensland.com.au</a>	<b>Free</b> 





## Outdoor Gyms

Take a break from indoors and breathe in the fresh air during your next workout. Why don't you find a mate to join you and get fit for free with exercise equipment in Logan parks.

Suburb	Park name	Address
Eagleby	Oliver's Sport Complex	Logan Street
Heritage Park	Millwood Park	Millwood Street
Hillcrest	Sweetgum Park	Sweetgum Street
Jimboomba	Homestead Park	Homestead Drive
Loganholme	Tudor Park	Clarks Road
Loganlea	Evergreen Park	Evergreen Avenue
Logan Central	Logan Gardens	Civic Parade
Rochedale South	Passerine Park	Underwood Road
Slacks Creek	Mabel Park	Paradise Road
Waterford West	Carnation Park	Carnation Street
Yarrabilba	Darlington Parklands	Yarrabilba Drive



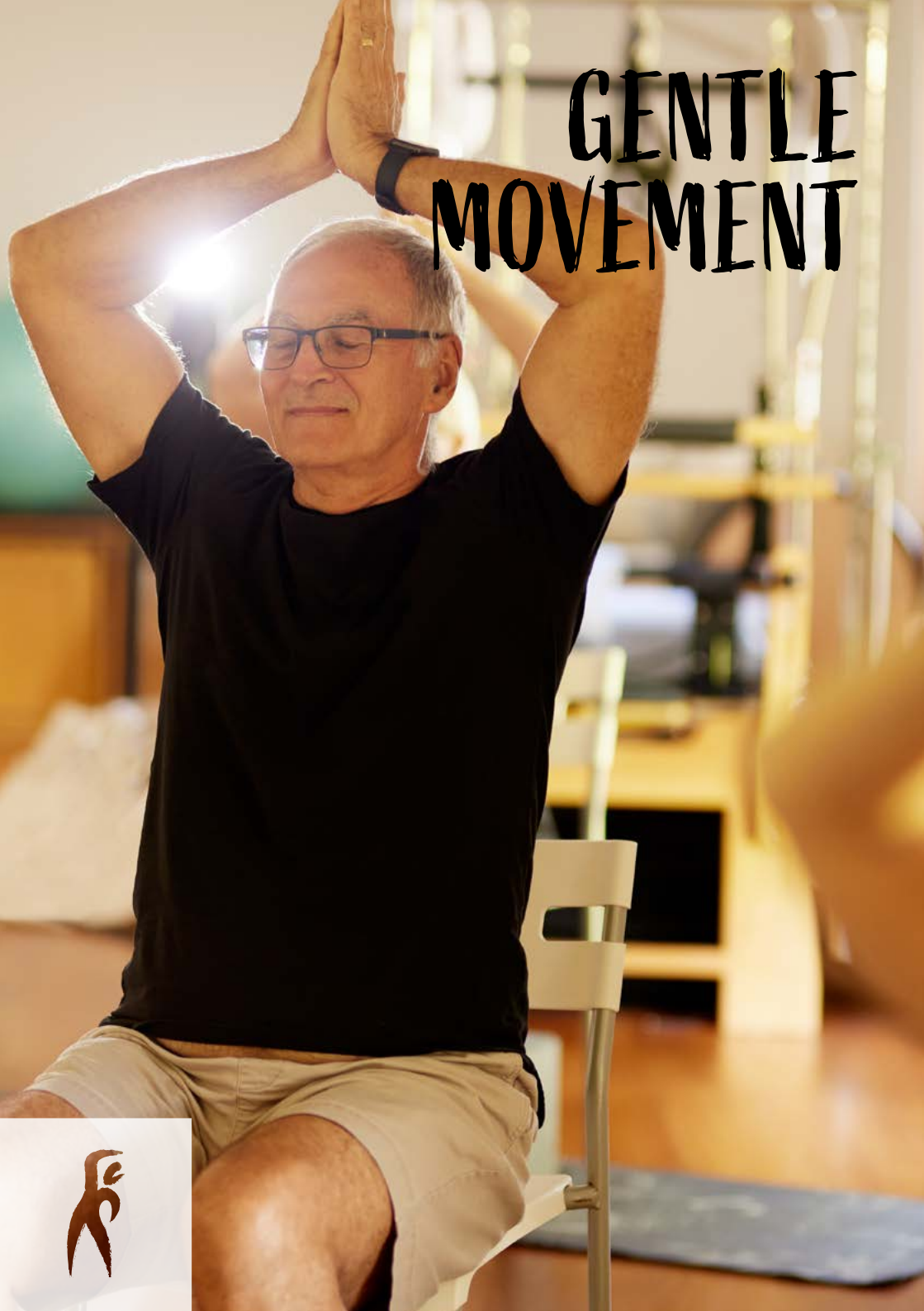
# Skate Parks in Logan



Ride your skateboard, roller skates, scooter, or bike at Logan's best skate parks! Whether you're a beginner or advanced rider, these parks cater to all skill levels.

<b>Suburb</b>	<b>Park name</b>	<b>Address</b>
Beenleigh	Doug Larsen Park	Logan Street
Bethania	Federation Drive Reserve	Federation Drive
Boronia Heights	Highland Park	Eugene Street
Browns Plains	Waller Park	Waller Road
Crestmead	Crestmead Park	Gimlet Street
Crestmead	Coffey Park	Coffey Street
Eagleby	Albert River Park	Ramu Street
Edens Landing	Chatfield Park	Lindau Street
Edens Landing	Leighton Fields	Loane Drive
Flagstone	Flagstone Regional Park	Flagstonian Drive
Greenbank	Greenbank Recreation Reserve	Middle Road
Greenbank	Ison Park	Ison Road
Jimboomba	Jimboomba Park	South Street
Loganholme	Tudor Park	Clarks Road
Loganlea	Sturdee Park	Sturdee Street
Logan Village	Village Green	River Street
Marsden	Pauline Park	Pauline Street
Munruben	Wearing Park	Greenhill Road
Priestdale	Underwood Park	Underwood Road
Shailer Park	Shailer Pioneer Park	Harley Street
Springwood	Barbaralla Park	Barbaralla Drive
Waterford	Woodlands District Park	Woodlands Drive
Waterford West	Tygun Park	Tygun Road
Windaroo	Activity Park	Ernest Street
Woodridge	Oates Park	Oates Avenue
Woodridge	Woodridge Adventure Park	Kingston Road

# GENTLE MOVEMENT





6 AM	9 AM	12 PM	3 PM	6 PM	ACTIVITY	SUBURB	PG
<b>MONDAY</b>							
	●				Tai Chi	Regents Park	28
		●			Gentle Circuit	Springwood	26
		●			Bowls	Logan Central	25
		●			Boost your Fitness	Logan Village	24
		●			Gentle Exercise	Mount Warren Park	26
		●			Gentle Exercise	Underwood	26
<b>TUESDAY</b>							
●					Gentle Exercise	Logan Central	26
	●				Functional Fitness for Seniors	Bethania	25
		●			Functional Fitness for Seniors	Bethania	25
		●			Gentle Exercise	Crestmead	26
		●			Boost your Fitness	Logan Village	24
		●			Move More	Underwood	28
		●			Lung Power	Crestmead	27
<b>WEDNESDAY</b>							
		●			Gentle Exercise	Mount Warren Park	27
		●			Move More	Underwood	28
<b>THURSDAY</b>							
	●				Tai Chi	Greenbank	28
		●			Gentle Circuit	Springwood	26
		●			Tai Chi	Jimboomba	28
		●			Gentle Exercise	Underwood	27
		●			Boost your Fitness	Logan Village	24
<b>FRIDAY</b>							
	●				Tai Chi	Logan Village	29
	●				Functional Fitness for Seniors	Bethania	25
		●			Gentle Circuit	Crestmead	26
		●			Boost your Fitness	Logan Village	24
		●			Functional Fitness for Seniors	Bethania	25
		●			Gentle Exercise	Mount Warren Park	27
		●			Move More	Crestmead	28
		●			Tai Chi	Slacks Creek	29
		●			Lung Power	Crestmead	27



6 AM	9 AM	12 PM	3 PM	6 PM	ACTIVITY	SUBURB	PG
<b>SATURDAY</b>							
	●				Tai Chi	Loganlea	29

Please refer to the page number for detailed information regarding each activity.

ONE OFF ACTIVITIES



<b>2022</b>								
JUL	AUG	SEP	OCT	NOV	DEC	ACTIVITY	SUBURB	PG
			●	●		Weight Education Management Program	Crestmead	29

Please refer to the page number for detailed information regarding each activity.

### Boost your Fitness

This gentle group exercise class promotes good health and physical activity. An exercise physiologist will take this class. As well as exercises, there'll be weekly health education topics. Classes are fun, social and tailored to your needs. Please wear enclosed shoes and bring a towel and water bottle. Suitable for those aged 40 years and over. **Bookings are essential.**

When	Where	Contact	Cost
<b>Mondays</b> 10:30 am to 11:30 am (40 years and over)	<b>Resolve Health Suite</b> 131 Albert St, Logan Village	<b>Complete Allied Health Care</b> Phone: 07 5546 3366 Email: reception@resolvehealth.com.au	<b>\$5</b>
<b>Tuesdays</b> 10:30 am to 11:30 am (40 years and over)	<b>Resolve Health Suite</b> 131 Albert St, Logan Village	<b>Complete Allied Health Care</b> Phone: 07 5546 3366 Email: reception@resolvehealth.com.au	<b>\$5</b>
<b>Thursdays</b> 10:30 am to 11:30 am (40 years and over)	<b>Resolve Health Suite</b> 131 Albert St, Logan Village	<b>Complete Allied Health Care</b> Phone: 07 5546 3366 Email: reception@resolvehealth.com.au	<b>\$5</b>
<b>Fridays</b> 10:30 am to 11:30 am (40 years and over)	<b>Resolve Health Suite</b> 131 Albert St, Logan Village	<b>Complete Allied Health Care</b> Phone: 07 5546 3366 Email: reception@resolvehealth.com.au	<b>\$5</b>





## Bowls



Keep active by joining other local seniors for a weekly game of indoor bowls, friendship and fun! Suitable for those aged 50 years and over.

When	Where	Contact	Cost
<b>Mondays</b> 9:30 am to 12 pm	<b>Logan Central Community Centre</b> 9-11 Jacaranda Avenue, Logan Central	<b>Chris Finn</b> Phone: 07 3299 5137 Email: robvalturner2@bigpond.com	<b>\$5</b>

## Functional Fitness for Seniors

An exercise physiologist will run this class. It'll help with strength, fitness, mobility, balance and flexibility. You'll use resistance bands, free weights and gym equipment. There is also focus on stimulating healthy brain function. Please wear closed in shoes, bring a water bottle and any relevant medical details. Suitable for those aged 50 years and over. **Bookings are essential.**

When	Where	Contact	Cost
<b>Tuesdays</b> 8:30 am to 9:30 am	<b>Cara's &amp; Co by BallyCara</b> 6/78 Station Road, Bethania	<b>BallyCara</b> Phone: 0431 282 585 Email: dauer@ballycara.com	<b>\$8</b> 
<b>Tuesdays</b> 10 am to 11 am	<b>Cara's &amp; Co by BallyCara</b> 6/78 Station Road, Bethania	<b>BallyCara</b> Phone: 0431 282 585 Email: dauer@ballycara.com	<b>\$8</b> 
<b>Fridays</b> 8:30 am to 9:30 am	<b>Cara's &amp; Co by BallyCara</b> 6/78 Station Road, Bethania	<b>BallyCara</b> Phone: 0431 282 585 Email: dauer@ballycara.com	<b>\$5</b>
<b>Fridays</b> 10 am to 11 am	<b>Cara's &amp; Co by BallyCara</b> 6/78 Station Road, Bethania	<b>BallyCara</b> Phone: 0431 282 585 Email: dauer@ballycara.com	<b>\$8</b> 





## Gentle Circuit

A physiotherapist or exercise physiologist will instruct this class. It will increase life skills and functional capacity of people at risk of injury or illness. It aims to improve flexibility, core, pelvic and lower back strength. Suitable for middle age to older adults. Please wear enclosed shoes. Bring a water bottle, towel and any relevant medical information. Suitable for those aged 16 years and over. **Bookings are essential.**

When	Where	Contact	Cost
<b>Mondays</b> 9:30 am to 10:30 am	<b>Physio on Chatswood</b> 14 Chatswood Road, Springwood	<b>Physio on Chatswood</b> Phone: 07 3208 8111 Email: reception@physioonchatswood.com.au	<b>\$5</b>
<b>Thursdays</b> 9 am to 10 am	<b>Physio on Chatswood</b> 14 Chatswood Road, Springwood	<b>Physio on Chatswood</b> Phone: 07 3208 8111 Email: reception@physioonchatswood.com.au	<b>\$5</b>
<b>Fridays</b> 9 am to 10 am	<b>Northhab Physio and Fitness</b> Shop 3, 17 Julie Street, Crestmead	<b>NorthHab Physio and Fitness</b> Phone: 07 3803 2100 Email: reception@northhab.com.au	<b>\$5</b>

## Gentle Exercise

This light group training class includes resistance, stretching and cardiovascular exercise. Suitable for people who enjoy low intensity activities and achievable for those a little older in age. Bring a towel, water bottle and enclosed shoes. **Bookings are essential.**

When	Where	Contact	Cost
<b>Mondays</b> 10:30 am to 11:30 am (14 years and over)	<b>Mount Warren Sports Centre</b> 2 Milne Street, Mount Warren Park	<b>inSports Mt Warren</b> Phone: 07 3412 5440 Email: maryjoy@logan.qld.gov.au	<b>\$4</b>
<b>Mondays</b> 11:30 am to 12:30 pm (14 years and over)	<b>Logan North Aquatic and Fitness Centre</b> 2 Sports Drive, Underwood	<b>inSports Logan North</b> Phone: 07 3541 6170 Email: insports@logan.qld.gov.au	<b>\$4</b>
<b>Tuesdays</b> 6 am to 7 am (18 years and over)	<b>Logan Central Medical Centre</b> 1 Wembley Road, Logan Central	<b>Health and Fitness Rehabilitation</b> Phone: 0437 542 996 Email: jess@hfrehab.com.au	<b>\$5</b>
<b>Tuesdays</b> 10:30 am to 11:30 am (14 years and over)	<b>Logan Metro Sports Centre</b> 357 Browns Plains Road, Crestmead	<b>inSports Logan Metro</b> Phone: 07 3081 6622 Email: insports@logan.qld.gov.au	<b>\$4</b>

## Gentle Exercise (Continued)

When	Where	Contact	Cost
<b>Wednesdays</b> 10:30 am to 11:30 am (14 years and over)	<b>Mount Warren Sports Centre</b> 2 Milne Street, Mount Warren Park	<b>inSports Mt Warren</b> Phone: 07 3412 5440 Email: maryjoy@logan.qld.gov.au	<b>\$4</b>
<b>Thursdays</b> 10:30 am to 11:30 am (14 years and over)	<b>Logan North Aquatic and Fitness Centre</b> 2 Sports Drive, Underwood	<b>inSports Logan North</b> Phone: 07 3541 6170 Email: insports@logan.qld.gov.au	<b>\$4</b>
<b>Fridays</b> 10:30 am to 11:30 am (14 years and over)	<b>Mount Warren Sports Centre</b> 2 Milne Street, Mount Warren Park	<b>inSports Mt Warren</b> Phone: 07 3412 5440 Email: maryjoy@logan.qld.gov.au	<b>\$4</b>

## Lung Power

These classes are for people with chronic lung conditions and/or heart failure. An allied health professional will lead the session. Please bring a water bottle and towel. Suitable for those aged 14 years and over.

When	Where	Contact	Cost
<b>Tuesdays</b> 12 pm to 1 pm	<b>Logan Metro Sports Centre</b> 357 Browns Plains Road, Crestmead	<b>inSports Logan Metro</b> Phone: 07 3081 6622 Email: insports@logan.qld.gov.au	<b>\$4</b>
<b>Fridays</b> 12 pm to 1 pm	<b>Logan Metro Sports Centre</b> 357 Browns Plains Road, Crestmead	<b>inSports Logan Metro</b> Phone: 07 3081 6622 Email: insports@logan.qld.gov.au	<b>\$4</b>





## Move More

This gentle workout is suitable for falls prevention. It's ideal for people with stable long term health conditions or those who haven't exercised for a while. Please bring a water bottle and towel. Suitable for those aged 14 years and over.

When	Where	Contact	Cost
<b>Tuesdays</b> 11:30 am to 12:30 pm	<b>Logan North Aquatic and Fitness Centre</b> 2 Sports Drive, Underwood	<b>inSports Logan North</b> Phone: 07 3541 6170 Email: insports@logan.qld.gov.au	<b>\$4</b>
<b>Wednesdays</b> 11:30 am to 12:30 pm	<b>Logan North Aquatic and Fitness Centre</b> 2 Sports Drive, Underwood	<b>inSports Logan North</b> Phone: 07 3541 6170 Email: insports@logan.qld.gov.au	<b>\$4</b>
<b>Fridays</b> 10:45 am to 11:45 am (14 years and over)	<b>Logan Metro Sports Centre</b> 357 Browns Plains Road, Crestmead	<b>inSports Logan Metro</b> Phone: 07 3081 6622 Email: insports@logan.qld.gov.au	<b>\$4</b>

## Tai Chi

Tai Chi can enhance balance, strength and coordination. Improve flexibility as well as physical and mental wellbeing with these classes. Please wear enclosed shoes. Suitable for those aged 18 years and over.

**Bookings are essential.**

When	Where	Contact	Cost
<b>Mondays</b> 8 am to 9 am (warmer months) 9 am to 10 am (cooler months)	<b>Regents Park</b> Bennett Drive, Regents Park	<b>Logan Tai Chi</b> Phone: 0466 954 646 Email: admin@logantaichi.com.au	<b>\$5</b>
<b>Thursdays</b> 8 am to 9 am (warmer months) 9 am to 10 am (cooler months)	<b>Spring Mountain Reserve</b> Tully Connection Road, Greenbank	<b>Logan Tai Chi</b> Phone: 0466 954 646 Email: admin@logantaichi.com.au	<b>\$5</b>
<b>Thursdays</b> 9:30 am to 10:30 am	<b>Jimboomba Library Community Room</b> 18–22 Honora Street, Jimboomba	<b>Logan Tai Chi</b> Phone: 0466 954 646 Email: admin@logantaichi.com.au	<b>\$5</b>

## Tai Chi (Continued)

When	Where	Contact	Cost
<b>Fridays</b> 8 am to 9 am (warmer months) 9 am to 10 am (cooler months)	<b>Logan Village Green</b> Wharf Street, Logan Village	<b>Logan Tai Chi</b> Phone: 0466 954 646 Email: admin@logantaichi.com.au	<b>\$5</b>
<b>Fridays</b> 11 am to 12 pm (School terms only)	<b>Kingston East Neighbourhood Centre</b> 177 Meakin Road, Slacks Creek	<b>Kingston East Neighbourhood Group</b> Phone: 07 3808 1684 Email: admin@keng.org.au	<b>\$2</b>
<b>Saturdays</b> 8 am to 9 am	<b>Loganlea Community Centre</b> 28-32 Timms Street, Loganlea	<b>Loganlea Community Centre</b> Phone: 07 3805 8260 Email: community@loganleacommunity.org.au	<b>Gold coin donation</b> 

## Weight Education and Management Program

This eight-week program involves a mixture of exercise and education for weight loss. It addresses thought patterns around food and restructures behaviour. It also helps you cope when things don't go as planned. An exercise physiologist will support you through your weight loss journey and beyond. Please bring a water bottle and towel. Suitable for those aged 12 years and over. **Bookings are essential.**

When	Where	Contact	Cost
<b>Tuesdays</b> 6 pm to 7 pm Between 4 October to 22 November 2022	<b>Logan Metro Sports Centre</b> 357 Browns Plains Road, Crestmead	<b>Logan Metro Sports Centre</b> Phone: 07 3081 6622 Email: alliedhealth@logan.qld.gov.au	<b>\$5</b>



# WELLBEING

THE  
ALLEY  
PIT  
STOP





6 AM	9 AM	12 PM	3 PM	6 PM	ACTIVITY	SUBURB	PG
<b>MONDAY</b>							
●					Men's Sheds	Hillcrest	35
	●				Men's Sheds	Munruben	35
	●				Men's Sheds	Logan Village	35
	●				Men's Sheds	Beenleigh	35
	●				Computer Club (Adults and Seniors)	Slacks Creek	33
<b>TUESDAY</b>							
●					Men's Sheds	Hillcrest	35
	●				Men's Sheds	Beenleigh	35
		●			Social Group for Men	Eagleby	36
	●				Golden Years	Hillcrest	34
		●			Computer Club (Adults and Seniors)	Slacks Creek	33
		●			History	Logan Village	34
			●		Men's Sheds	Kingston	35
<b>WEDNESDAY</b>							
●					Men's Sheds	Hillcrest	35
	●				Men's Sheds	Crestmead	35
	●				Men's Sheds	Munruben	35
	●				Men's Sheds	Logan Village	35
<b>THURSDAY</b>							
	●				Men's Sheds	Crestmead	35
	●				Men's Sheds	Beenleigh	35
<b>FRIDAY</b>							
●					Men's Sheds	Hillcrest	35
	●				Men's Sheds	Crestmead	35
	●				Men's Sheds	Beenleigh	35
	●				Men's Sheds	Munruben	35
	●				Men's Sheds	Logan Village	35
	●				Social Group for Men	Slacks Creek	36
<b>SATURDAY</b>							
	●				Men's Sheds	Crestmead	35

Please refer to the page number for detailed information regarding each activity.

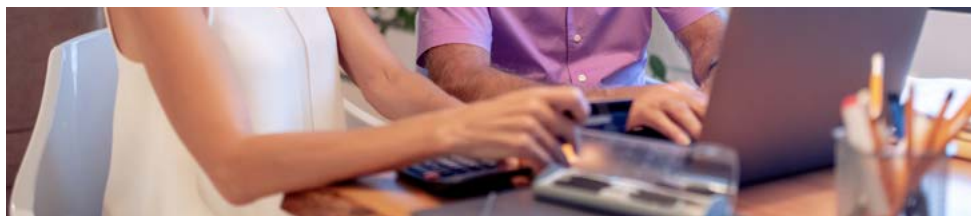


2022									
JUL	AUG	SEP	OCT	NOV	DEC	ACTIVITY	SUBURB	PG	
	●					First Aid (Non-accredited)	Flagstone	33	
				●		First Aid (Non-accredited)	Yarrabilba	33	
2023									
JAN	FEB	MAR	APR	MAY	JUN	ACTIVITY	SUBURB	PG	
		●				First Aid (Non-accredited)	Jimboomba	33	
					●	First Aid (Non-accredited)	Springwood	33	

Please refer to the page number for detailed information regarding each activity.







## Computer Club (Adult and Seniors)



This adult and seniors computer class will help to develop your technology skills. You'll be shown how to access online services and conduct personal business.

When	Where	Contact	Cost
<b>Mondays</b> 9 am to 12 pm (School terms only)	<b>Kingston East Neighbourhood Centre</b> 177 Meakin Road, Slacks Creek	<b>Kingston East Neighbourhood Group</b> Phone: 07 3808 1684 Email: admin@keng.org.au	<b>Free</b>
<b>Tuesdays</b> 1 pm to 3:30 pm (School terms only)	<b>Kingston East Neighbourhood Centre</b> 177 Meakin Road, Slacks Creek	<b>Kingston East Neighbourhood Group</b> Phone: 07 3808 1684 Email: admin@keng.org.au	<b>Free</b>

## First Aid (Non-accredited)

This course will teach you the basics of first aid. You'll learn how to perform CPR and what to do for bleeds, asthma, or heart attacks. You'll also learn how to treat snake and spider bites. Suitable for those aged 15 years and over. **Bookings are essential.**

When	Where	Contact	Cost
<b>Wednesday 10 August 2022</b> 10 am to 12 pm	<b>Flagstone Community Centre</b> 19 Trailblazer Drive, Flagstone	<b>CK First Aid</b> Phone: 0405 180 397 Email: anna.ollington@coolkidsfirstaid.com	<b>\$5</b>
<b>Saturday 12 November 2022</b> 10:30 am to 12:30 pm	<b>Yarrabilba Fire Station</b> 31 Adler Circuit, Yarrabilba	<b>CK First Aid</b> Phone: 0401 985 584 Email: ingrid.gorincu@coolkidsfirstaid.com	<b>\$5</b>
<b>Tuesday 14 March 2023</b> 1 pm to 3 pm	<b>Jimboomba Community Centre</b> 18-22 Honora Street, Jimboomba	<b>CK First Aid</b> Phone: 0401 985 584 Email: ingrid.gorincu@coolkidsfirstaid.com	<b>\$5</b>
<b>Wednesday 14 June 2023</b> 6:30 pm to 8:30 pm	<b>Springwood Community Centre</b> 55 Cinderella Drive, Springwood	<b>CK First Aid</b> Phone: 0405 180 397 Email: anna.ollington@coolkidsfirstaid.com	<b>\$5</b>



## Golden Years



Keep active and connected by joining other local seniors for weekly games of indoor bowls, friendship and fun! Suitable for those aged 50 years and over.

When	Where	Contact	Cost
<b>Tuesdays</b> 9:30 am to 11:30 am	<b>Logan West Community Hall</b> Wineglass Drive, Hillcrest	<b>Cath Davis</b> Phone: 0408 846 574 Email: robvalturner2@bigpond.com	<b>\$5</b>

## History



Have you ever wanted to research your family history and haven't known where to start? Come along and learn from experienced volunteers in a welcoming and supportive environment.

When	Where	Contact	Cost
<b>Tuesdays</b> (First and third of each month) 1 pm to 3 pm	<b>Logan Village Museum</b> River Street, Logan Village	<b>Logan Village Museum</b> Phone: 0418 738 468 Email: coralyn@planetozi.com.au	<b>Free</b>

## Men's Sheds



Men's sheds are non-profit organisations that improve the health of men. Members work on meaningful projects at their own pace, in their own time and in the company of others. A key focus is to advance the wellbeing and health of members and to encourage social inclusion.

When	Where	Contact	Cost
<b>Mondays, Tuesdays, Thursdays and Fridays</b> 8 am to 11:30 am (18 years and over)	<b>Beenleigh District Men's Shed</b> 36 Martens Street, Beenleigh	<b>Beenleigh District Men's Shed</b> Phone: 0410 466 643	<b>\$50 annual joining fee</b>
<b>Mondays, Tuesdays, Wednesdays and Fridays</b> 6:30 am to 12 pm (50 years and over)	<b>Greenbank RSL Men's Shed</b> 3/15 Corporate Place, Hillcrest	<b>Greenbank RSL Men's Shed</b> Phone: 07 3806 6086	<b>Free</b>
<b>Mondays, Wednesdays and Fridays</b> 8 am to 12 pm (18 years and over)	<b>Logan Village Men's Shed</b> 23 Wharf Street, Logan Village	<b>Logan Village Men's Shed</b> Phone: 0402 897 900	<b>\$20 annual joining fee</b>
<b>Mondays, Wednesdays and Fridays</b> 8 am to 12 pm (18 years and over)	<b>Logan Districts Men's Shed</b> 23–33 Greenhill Road, Munruben	<b>Logan Districts Mens Shed</b> Phone: 0408 690 494	<b>\$20 annual joining fee</b>
<b>Tuesdays</b> 3 pm to 5 pm (18 years and over)	<b>ACCESS Men's Shed – Multicultural Group</b> Gould Adams Park, Kingston Road, Kingston	<b>ACCESS Men's Shed – Multicultural Group</b> Phone: 07 3412 8222 or 0437 461 522	<b>Free</b>
<b>Wednesdays to Saturdays</b> 8 am to 2 pm (18 years and over)	<b>Logan City Community Men's Shed</b> 161B Magnesium Drive, Crestmead	<b>Logan City Community Men's Shed</b> Phone: 0483 223 204	<b>\$50 annual joining fee</b>





## Probus Club



Join other retirees once a month in a friendly and welcoming environment. You will enjoy fun activities, hear from interesting speakers and make new friends.

When	Where	Contact	Cost
<b>Tuesdays</b> (First Tuesday of the month except January 2023) 9:45 am to 12 pm	<b>Logan Central Community Hall</b> 9/11 Jacaranda Avenue, Logan Central	<b>Kingston Probus Club</b> Phone: 0407 031 677 Email: 1kingstonprobusclub@gmail.com	<b>\$5</b>

## Social Group for Men



Guys! Come along and meet new friends in the welcoming and non-judgemental environment.

When	Where	Contact	Cost
<b>Tuesdays</b> 10 am to 11 am	<b>Twin Rivers Centre</b> 104 Riverhills Road, Eagleby	<b>Twin Rivers Centre</b> Phone: 07 3382 4000 Email: reception@twinrivers.org.au	<b>Free</b>
<b>Fridays</b> 9:30 am to 12 pm	<b>Kingston East Neighbourhood Group</b> 177 Meakin Road, Slacks Creek	<b>Kingston East Neighbourhood Group</b> Phone: 07 3808 1684 Email: admin@keng.org.au	<b>Free</b>





# Off-leash Dog Parks in Logan

Get out and about with your four-legged friends at Logan's off-leash dog areas! You'll find many great spaces across the city for you and man's best friend to enjoy. Visit [logan.qld.gov.au/off-leash-dog-parks](https://logan.qld.gov.au/off-leash-dog-parks) for more locations and information.

Suburb	Park name	Address
Beenleigh	Logan River Parklands	Blackbird Street
Boronia Heights	Middle Park	Kuynzea Road
Crestmead	Crestmead Park	Gimlet Street
Flagstone	Flagstone Regional Park	Flagstonian Drive
Heritage Park	Isle Of Ely Park	Isle of Ely Drive
Logan Central	Logan Gardens	Civic Parade
Loganlea	Sturdee Park	Sturdee Street
Meadowbrook	Riverdale Park	Evans Road
Priestdale	Underwood Park	Underwood Road
Shailer Park	Homestead Park	Jodie Street
Springwood	Bangalla Park	Bangalla Drive
Yarrabilba	Buxton Park	Buxton Avenue





### COOKING AND NUTRITION CLASSES

show you how to create a variety of meals. Learn cooking tips and tricks as well as nutrition information. Enjoy cooking with different food groups that are budget friendly.



### FITNESS AND SPORTS

are for males who love to be active. Get your heart pumping and have fun.



### GENTLE MOVEMENT CLASSES

give you the opportunity to get your body moving. Improve your health and fitness without breaking a sweat.



### WELLBEING CLASSES

help you to learn more about your body and mind. Learn life coping strategies and how to feel happy, healthy, connected and purposeful.

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Active and Healthy funds the activities in this booklet, unless otherwise indicated. Activities are subject to change. For the latest program and updates visit:

**[logan.qld.gov.au/healthy-men](https://logan.qld.gov.au/healthy-men)**

Have you participated in an Active and Healthy activity?  
Help us make our program even better by sharing your feedback. Contact us on

**07 3412 3412, [healthy@logan.qld.gov.au](mailto:healthy@logan.qld.gov.au)  
or take our online survey:**



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#### DISCLAIMER

The activities are provided by third parties, not Logan City Council. Logan City Council takes no responsibility or liability for any damage, loss, costs, expenses, liability claim, demands, action, proceeding, injury (including death) or dispute due to or arising out of, directly or indirectly, the actions or omissions (whether willful, negligent, or otherwise) of Council (including any officer or employee) or any third-party provider. Participation in any activity is at the sole discretion of the third-party provider. If you have any medical history, please remember to check with your doctor before starting any exercise program.

Information contained in this program is correct at the time of printing and is subject to change. All content accurate as of July 2022.

[logan.qld.gov.au/healthy-men](http://logan.qld.gov.au/healthy-men)

