

Active & Healthy

Free and low-cost activities in Logan

January to June 2023





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Looking after your physical and mental 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 meet new friends in your local community.

With over 100 weekly, free and low-cost activities in Logan, it's never been easier to swim, dance, or stretch to a healthier you, with our Active and Healthy program.

Use our new calendar format to find activities with ease and see what's happening near you. Between your old favourites and new activities, there's something for everyone to enjoy.

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

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

We hope you enjoy our 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:
 - Monday 9 January to Friday 30 June 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/healthy
- › 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/healthy
- ›  – 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



CHILDREN AND FAMILIES





8 AM	10 AM	12 PM	2 PM	4 PM	ACTIVITY	SUBURB	PG
	●				Tiny Tots Dance Fun	Rosedale South	14
	●				Playgroup	Slacks Creek	12
		●			Dancing for Tiny Tots	Loganholme	10
	●				Playgroup	Woodridge	12
				●	Basketball	Shailer Park	10
				●	Self-defence for Families	Tanah Merah	14
	●				Baby's Day Out	Woodridge	9
	●				Playgroup (Baby)	Slacks Creek	13
				●	Bootcamp for Kids	Meadowbrook	10
	●				Tiny Tots Fitness and Fun	Crestmead	15
	●				Playgroup	Loganlea	12
	●				Playgroup	Greenbank	12
		●			Playgroup (Messy Play)	Woodridge	14
	●				Tiny Tots Fitness and Fun	Crestmead	15
	●				Playgroup	Kingston	12
	●				Tiny Tots Dance Fun	Rosedale South	14
	●				Playgroup (Bush Play)	Loganholme	13
				●	Yoga (Family Bonding)	Beenleigh	15
	●				Yoga (Family Bonding)	Kingston	15
	●				Multi-sports and Mindfulness	Loganholme	11
	●				Multi-sports and Mindfulness	Loganholme	11
	●				Badminton	Logan Central	9
	●				Badminton	Logan Central	9

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



2023							ACTIVITY	SUBURB	PG
JAN	FEB	MAR	APR	MAY	JUN				
		●				Leadership Workshop	Slacks Creek	11	
	●			●	●	Playgroup (Loose Parts)	Daisy Hill	13	
		●—●			●—●	Paddle Splash	Underwood	12	
		●—●			●—●	Paddle Splash	Beenleigh	12	

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





Babies Day Out



Meet other families with babies to learn infant massage techniques and explore movement, music and sensory play with your baby. Suitable for babies 0 to 12 months. **Bookings are essential.**

When	Where	Contact	Cost
Tuesdays 9:30 am to 11 am (Not delivered the first 2 weeks of school term)	The Family Place 35A North Road, Woodridge	Michelle Christensen Phone: 07 3208 1263 Email: michelle.christensen@salvationarmy.org.au	Free

Badminton

This badminton activity delivers coaching and playing in a fun and engaging way. Suitable for children aged 6 to 16 years. **Bookings are essential.**

When	Where	Contact	Cost
Sundays 9 am to 10:30 am 10:30 am to 12 pm (Between 15 January and 26 March 2023)	Sky Badminton Centre 118 Wembley Road, Logan Central	Brisbane Legends Inc Phone: 0429 429 224 Email: dassambit@hotmail.com	\$5



Basketball

Join a weekly basketball session that teaches the fundamental skills of the game in a fun and exciting way!

When	Where	Contact	Cost
Mondays 4 pm to 5 pm (School terms only)	Cornubia Park Sports Centre 146 Bryants Road, Shailer Park	Cornubia Park Sports Centre Phone: 07 3801 3566 Email: opsmanager@loganbasketball.com	Free

Bootcamp for Kids

Children can have fun and get active during these fun fitness sessions. Please bring a water bottle and towel. Suitable for children aged 8 to 12 years.

When	Where	Contact	Cost
Tuesdays 3:30 pm to 4:15 pm (School terms only)	Farshon Inivale 26/33 Meakin Road, Meadowbrook	Farshon Inivale Phone: 0448 730 023 Email: f4lrx@gmail.com	Free

Dancing for Tiny Tots

This class is an introduction to ballet and jazz. It fosters creativity and imagination, as well as a love of dance. It also helps to develop children's fine and gross motor skills. Suitable for children aged 2 to 3 years. **Bookings are essential.**

When	Where	Contact	Cost
Mondays 10 am to 10:30 am (School terms only)	Gerrard's Performing Arts Centre 4051 Pacific Highway, Loganholme	Gerrard's Performing Arts Centre Phone: 0401 942 863 Email: info@gerrardsp Performingartscentre.com.au	\$5

First 5 Forever



The First 5 Forever program offers a variety of regular activities for children aged 0 to 5 years including Story Time in the Park, Baby Time, and Story Time in the Library. Find out dates and times by scanning the QR code below.

In the first five years, little moments make a big difference.











Leadership Workshop



This workshop teaches young teens skills to boost self-esteem and confidence. Children will learn to communicate and build resilience against bullying. Prepare them for their high school years and beyond in a fun and safe space. Children need to bring their own water bottle, morning tea, lunch and afternoon tea. Suitable for children 7 to 12 years. **Bookings are essential.**

When	Where	Contact	Cost
Saturday 25 and Sunday 26 March 2023 8.30 am to 3.30 pm	Logan Hockey Club 157–175 Meakin Road, Slacks Creek	White Bear Foundation Phone: 0414 442 733 Email: info@whitebearfoundation.com.au Website: whitebearfoundation.com.au	\$30 for the two days

Multi-sports and Mindfulness

This fun class supports children’s physical and mental health. Learn sports skills and mindfulness to relax an active mind and body. **Bookings are essential.**

When	Where	Contact	Cost
Saturdays 9 am to 9:30 am (School terms only) (3 to 5 years)	Loganholme State School 12 Wandilla Crescent, Loganholme	Kinetic Kids Phone: 0439 772 489 Email: info@kinetickids.com.au Website: kinetickids.com.au/logan	\$5
Saturdays 9:30 am to 10 am (School terms only) (6 to 10 years)	Loganholme State School 12 Wandilla Crescent, Loganholme	Kinetic Kids Phone: 0439 772 489 Email: info@kinetickids.com.au Website: kinetickids.com.au/logan	\$5



Paddle Splash



A fun introduction to basic water safety and swimming skills for parents and young ones aged 3 months to 3 years. **Bookings are essential.**

When	Where	Contact	Cost
Thursdays 9 am to 12 pm (4-week program between 9 March to 30 March and 8 June to 29 June 2023)	Logan North Aquatic and Fitness Centre 2 Sports Drive, Underwood	Aqualogan Phone: 07 3541 6151 Email: aqualogan@logan.qld.gov.au	Free
Fridays 9 am to 12 pm (4-week program between 10 March to 31 March and 9 June to 30 June 2023)	Beenleigh Aquatic Centre City Road, Beenleigh	Aqualogan Phone: 07 2803 4102 Email: aqualogan@logan.qld.gov.au	Free

Playgroup



Children aged 0 to 5 years can explore a world of learning and fun in these welcoming, safe playgroups.

When	Where	Contact	Cost
Mondays 9:30 am to 11:30 am (School terms only)	Kingston East Neighbourhood Centre 177 Meakin Road, Slacks Creek	Kingston East Neighbourhood Group Phone: 07 3808 1684 Email: admin@keng.org.au	Free
Mondays 10 am to 12 pm (Not delivered on the first 2 weeks of a school term)	The Family Place 35A North Road, Woodridge	Michelle Christensen Phone: 07 3208 1263 Email: michelle.christensen@salvationarmy.org.au	Free
Wednesdays 9:30 am to 11:30 am (School terms only)	Loganlea Community Centre 28–32 Timms Street, Loganlea	Kingston East Neighbourhood Group Phone: 07 3808 1684 Email: admin@keng.org.au	Free
Wednesdays 9:30 am to 10:30 am (Fortnightly and school terms only)	Everleigh State School 46 Ivory Parkway, Greenbank	Enriching Communities Phone: 0433 019 793 Bookings are essential: eventbrite.com.au/d/australia--bristbane-city/enriching-communities-greenbank	Free
Thursdays 9 am to 11.30 am (School terms only)	Kingston State School Hall 50 Juers Street, Kingston	Kingston East Neighbourhood Group Phone: 07 3808 1684 Email: admin@keng.org.au	Free

Playgroup (Baby)



Children aged 0 to 12 months can explore sensory play and be involved in story time, rhyme time and baby massage. This group is also visited regularly by a child health nurse.

When	Where	Contact	Cost
Tuesdays 9:30 am to 11:30 am (School terms only)	Kingston East Neighbourhood Centre 177 Meakin Road, Slacks Creek	Kingston East Neighbourhood Group Phone: 07 3808 1684 Email: admin@keng.org.au	Free

Playgroup (Bush Play)





Children aged 0 to 5 years can have fun in the great outdoors and enjoy the mud kitchen at this nature led playgroup. Bring spare clothes and a hat.

When	Where	Contact	Cost
Fridays 9:30 am to 11:30 am	Tudor Park 71–78 Clarks Road, Loganholme	Kingston East Neighbourhood Group Phone: 07 3808 1684 Email: melissa.knappstein@keng.org.au	Free

Playgroup (Loose Parts)

Children can have fun with loose parts and messy play. This sensory activity can assist with the development of motor skills and improve wellbeing. It has an emphasis on nature and sustainability. Parents/carers required to stay for the duration of the activity. **Bookings are essential.**

When	Where	Contact	Cost
Saturdays 11 February 2023 and 6 May 2023 10 am to 11:30 am (5 years to 14 years)	Daisy Hill Koala Centre 253 Daisy Hill Rd, Daisy Hill	Play Rangers Phone: 0458 369 843 Email: playrangerspopup@gmail.com Website: playrangerspopup.com/about-6	\$5
Monday 22 May 2023 10 am to 11 am (0 to 5 years)	Daisy Hill Koala Centre 253 Daisy Hill Rd, Daisy Hill	Play Rangers Phone: 0458 369 843 Email: playrangerspopup@gmail.com Website: playrangerspopup.com/about-6	\$15 
Monday 26 June 2023 10 am to 11 am (0 to 5 years)	Daisy Hill Koala Centre 253 Daisy Hill Rd, Daisy Hill	Play Rangers Phone: 0458 369 843 Email: playrangerspopup@gmail.com Website: playrangerspopup.com/about-6	\$15 



Playgroup (Messy Play)



Children aged 0 to 5 years can explore a world of learning and fun by experiencing messy play in a safe and supportive environment. Please bring spare clothes and a towel.

When	Where	Contact	Cost
Wednesdays 10 am to 12 pm (Not delivered in the first 2 weeks of school term)	The Family Place 35A North Road, Woodridge	Michelle Christensen Phone: 07 3208 1263 Email: michelle.christensen@salvationarmy.org.au	Free

Self-Defence for Families

Learn how to break and escape with martial arts moves in this family self-defence class. Bring the whole family for the best experience and to have someone to practice with. Suitable for those aged 5 years and over. **Bookings are essential.**

When	Where	Contact	Cost
Mondays 5:30 pm to 6:15 pm (Between 23 January and 27 March 2023) (School terms only)	KMA Brisbane 2/19 Pintu Drive, Tanah Merah	KMA Brisbane Phone: 0410 645 552 Email: davidkingtkd@gmail.com	\$5

Tiny Tots Dance Fun

A foundation program for young dancers 18 months to 3 years which combines skills in ballet, jazz and musical theatre. These classes introduce children to the magic and fun of mime, music and dance.

Bookings are essential.

When	Where	Contact	Cost
Mondays 9:00 am to 9:30 am (Between 23 January and 27 March 2023) (School terms only)	Intrinsic Studios 2/196 Parfrey Road, Rosedale South	Intrinsic Studios Phone: 0419 640 998 Email: admin@intrinsicdance.com.au Website: intrinsicdance.com.au	\$5
Fridays 9:00 am to 9:30 am (Between 27 January and 31 March 2023) (School terms only)	Intrinsic Studios 2/196 Parfrey Rd, Rosedale South	Intrinsic Studios Phone: 0419 640 998 Email: admin@intrinsicdance.com.au Website: intrinsicdance.com.au	\$5

Tiny Tots Fitness and Fun

Get your children involved in this fun and active class which will develop their fine and gross motor skills.

When	Where	Contact	Cost
Wednesdays 9:30 am to 10:15 am (School terms only) (15 months to 3 years)	Crestmead PCYC Gimlet Street, Crestmead	Crestmead PCYC Phone: 07 3805 4100 Email: crestmead@pcyc.org.au	\$5
Wednesdays 10:30 am to 11:30 am (School terms only) (2 to 5 years)	Crestmead PCYC Gimlet Street, Crestmead	Crestmead PCYC Phone: 07 3805 4100 Email: crestmead@pcyc.org.au	\$5

Yoga (Family Bonding)

Parents and children can attend together and experience a fun and relaxing yoga session. A time to build their bond and strengthen their relationship. Suitable for those aged 5 years and over.

Bookings are essential.

When	Where	Contact	Cost
Fridays 4 pm to 5 pm (Between 20 January to 30 June 2023)	Beenleigh Scout Group Hall Tallagandra Court, Beenleigh	Artsana Phone: 0405 966 848 Email: artsana.yoga@gmail.com	\$5
Saturdays 8:30 am to 9:30 am (Between 21 January to 24 June 2023) (No classes delivered on 6 May, 20 May and 10 June 2023)	Kingston Butter Factory 270 Jacaranda Avenue, Kingston	Artsana Phone: 0405 966 848 Email: artsana.yoga@gmail.com	\$5





Water Parks in Logan



Keep cool during the warmer months at one of our water parks! These parks are safe and cater for all ages.

Suburb	Park name	Address
Flagstone	Flagstone Water Play Park	Flagstonian Drive, Undullah
Logan Central	Logan Gardens	Civic Parade
Yarrabilba	Darlington Parklands	Darlington 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.

Suburb	Park name	Address
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

COOKING AND NUTRITION





2023							ACTIVITY	SUBURB	PG
JAN	FEB	MAR	APR	MAY	JUN				
●						Healthy Lunchboxes	Online	22	
	●—●					NEST (Nutrition Education Skills Training)	Hillcrest	23	
	●—●			●—●		Cooking Club for Adults and Seniors	Slacks Creek	21	
		●				Cooking for a Healthy Heart	Springwood	21	
				●		First Food for Infants	Online	22	
●—					●	Healthier Together Cooking Class	Various	22	

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
Tuesdays 12 pm to 2 pm 14 February to 14 March 2023 and 2 May to 30 May 2023	Kingston East Neighbourhood Centre 177 Meakin Road, Slacks Creek	Kingston East Neighbourhood Group Phone: 07 3808 1684 Email: admin@keng.org.au	Free

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
Thursday 2 March 2023 10 am to 11:30 am	The Little Vege Patch 121 Barbarella Drive, Springwood	NAQ Nutrition Phone: 07 3257 4393 Email: healthyathome@naqlld.org	\$3

First Foods for Infants

Join this online information session for families and carers to learn about babies first food. Understand the importance of food texture at appropriate ages and developmental stages. Learn about how food affects speech development, oral health and motor skills. **Bookings are essential.**

When	Where	Contact	Cost
Wednesday 3 May 2023 9:30 am to 11 am	Online	NAQ Nutrition Phone: 07 3257 4393 Email: healthyathome@naqld.org Website: training.naqnutrition.org/courses/ahl-firstfoods	Free

Healthier Together Cooking Class

Healthier Together offers free cooking classes over a 5-week program to Māori and Pacific Islander young people and their families. Learn how to make healthy and delicious meals including breakfast, lunch, dinner, and snacks. Learn new kitchen skills and techniques to get the most out of your everyday ingredients. This is a hands-on and fun learning experience delivered by experienced health coaches.

Multiple classes available across Logan.

To find out more or book, go to: childrens.health.qld.gov.au/service-healthier-together

Free

Healthy Lunchboxes

Keen to pack healthy lunches for the kids? A dietitian will share resources and recipes to ensure lunchboxes come home empty. Your kids will eat food that will help their concentration and development. This is a 1-hour online session followed by question time. **Bookings are essential.**

When	Where	Contact	Cost
Saturday 21 January 2023 1 pm to 2:30 pm	Online	NAQ Nutrition Phone: 07 3257 4393 Email: healthyathome@naqld.org Website: training.naqnutrition.org/courses/ahl-healthy-lunchboxes	Free



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
Wednesdays 10 am to 12:30 pm (Between 1 February to 8 March 2023)	Logan West Community Centre 2 Wineglass Drive, Hillcrest	OzHarvest Phone: 0472 724 864 Email: queensland.nest@ozharvest.org	Free



ENVIRONMENT





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

Community Gardens in Logan



Community gardens are a great way for residents to come together. Join in and grow organic food, improve your health and wellbeing and meet new people. Everyone is welcome at Logan's community gardens and no experience is necessary.

Where	Contact
Beenleigh Community Garden Beenleigh Neighbourhood Centre, 10–12 James Street, Beenleigh	Beenleigh Community Garden Phone: 07 3287 2840 Email: bcg@beenleigh.org.au Facebook: 'Beenleigh Community Garden'
Crestmead Community Garden Gimlet Street, Crestmead	Crestmead Community Garden Email: crestmeadcommunitygarden@gmail.com Facebook: 'Crestmead Community Garden Inc'
Eagleby Community Garden 94–112 Fryar Road, Eagleby	Eagleby Community Garden Phone: 07 3382 6923 Email: robert@firstservicesinc.net
Elm Park Community Garden Elm Avenue, Woodridge	Elm Park Community Garden Email: healthynewcommunities@health.qld.gov.au
Hyperdome Community Garden Corner of Pacific Highway and Bryants Road, Loganholme (just behind the Hyperdome Library)	Hyperdome Community Garden Phone: 07 3801 9188 Email: customerservice@hyperdomeshopping.com.au
Jimbelungare Community Garden Ryan Park, Loganlea	Jimbelungare Community Garden Phone: 0410 896 560 Email: deb.jimbelungaregarden@gmail.com Facebook: 'Jimbelungare Community Garden'

Community Gardens in Logan



Where	Contact
Jimboomba Community Garden 101 Johanna Street, Jimboomba	Jimboomba Community Garden Email: jimboombacommunitygarden@gmail.com Facebook: 'Jimboomba Community Garden'
Kingston East Neighbourhood Centre Community Garden 177 Meakin Road, Slacks Creek	Kingston East Neighbourhood Centre Community Garden Phone: 07 3808 1684 Email: admin@keng.org.au
The Little Vege Patch at Springwood 121 Barbarella Drive, Springwood	The Little Vege Patch at Springwood Email: roger@henley.id.au Facebook: 'The Little Vege Patch at Springwood'
Yarrabilba Community Garden Shaw Street Oval, Yarrabilba	Yarrabilba Community Garden Phone: 0421 904 117 Email: yarrabilbacommunitygarden@gmail.com Facebook: 'Yarrabilba Community Garden'



Environment Activities



The City of Logan offers a range of free and low-cost activities that get you out in nature to learn about all things environment in Logan!

Activities include tree plantings, citizen science surveys, night adventures, interactive kids workshops, outdoor recreation adventures and expert talks that get you connecting with and protecting our local environment.

Events are added regularly, to find out what's on and to register for an activity, scan the QR code or visit: logan.qld.gov.au/environmental-events



Garden Club



A safe and welcoming space where you can make friends and learn all about gardening.

When	Where	Contact	Cost
Tuesdays 9 am to 11:30 am	Logan Central Community Centre 9–11 Jacaranda Avenue, Logan Central	Janette Zygis Phone: 07 3299 6050 Email: jeanette.z@bigpond.com	\$4 per week and \$5 yearly joining fee



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 your furbaby to enjoy. Visit 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

FITNESS AND SPORTS





6 AM	9 AM	12 PM	3 PM	6 PM	ACTIVITY	SUBURB	PG
MONDAY							
	●				Walking Football	Greenbank	41
	●				Dancing (Bellydance)	Logan Central	35
		●			Zumba Gold	Beenleigh	42
		●			Swimming for Women	Underwood	40
		●			Get Fit – Barrier Breakers	Browns Plains	38
		●			Swimming for Women	Underwood	41
		●			Dancing (Dance Your Way)	Loganholme	35
				●	Dancing (No Lights No Lycra)	Kingston	36
				●	Zumba Gold	Springwood	42
				●	Bootcamp for Women	Meadowbrook	33
				●	Bootcamp for Families	Waterford West	32
				●	Dancing (Tap)	Loganholme	37
				●	Zumba	Park Ridge	41
				●	Boxing	Crestmead	34
				●	Dancing (Jazz)	Park Ridge	36
				●	Dancing (Ballet)	Loganholme	34
				●	Dancing (Jazz)	Loganholme	36
TUESDAY							
	●				Fit Over 50's	Rosedale South	37
		●			Adaptive Learn to Kayak and SUP	Carbrook	31
		●			Zumba Gold	Mount Warren Park	42
				●	Bootcamp for Teen Girls	Flagstone	33
				●	Bootcamp for Men	Meadowbrook	33
				●	KONGA (Dance and Fitness)	Park Ridge	38
WEDNESDAY							
	●				Walking Football	Greenbank	41
	●				Golf for Women	Windaroo	38
		●			Dancing (Bellydance)	Logan Central	35
		●			Zumba Gold	Beenleigh	42
		●			Dancing (Adapted Bellydance)	Logan Central	34
			●		Barrier Breakers	Crestmead	31
				●	Zumba Toning	Springwood	42
				●	Zumba	Park Ridge	41



6 AM	9 AM	12 PM	3 PM	6 PM	ACTIVITY	SUBURB	PG
THURSDAY							
	●				Fit Over 50's	Rosedale South	36
	●				Adaptive Aqua Park Adventure	Carbrook	31
	●				Dancing (New Vogue and Old Time)	Woodhill	37
		●			Aquatic Physical Activity for Pain Management	Kingston	44
		●			Swimming for Adults	Kingston	45
			●		Bootcamp for Youth	Meadowbrook	34
				●	Bootcamp	Crestmead	32
FRIDAY							
	●				Walking Football	Greenbank	41
	●				Wakeboarding for Women	Carbrook	40
	●				Dancing (Bellydance)	Logan Village	35
	●				Zumba Gold	Logan Central	42
		●			Aquatic Physical Activity for Pain Management	Kingston	44
		●			Swimming for Adults	Kingston	45
				●	Bootcamp	Meadowbrook	32
SATURDAY							
●					Bootcamp for Men	Meadowbrook	33
	●				Bootcamp	Mount Warren Park	32
	●				Bootcamp for Women	Meadowbrook	33
	●				parkrun	Browns Plains	39
	●				parkrun	Yarrabilba	39
	●				parkrun	Beenleigh	39
	●				parkrun	Meadowbrook	39
	●				parkrun	Greenbank	39
	●				parkrun	Underwood	39
	●				Bootcamp for Families	Waterford West	32
	●				Bootcamp	Flagstone	32
	●				Self-Defence for Women	Tanah Merah	39
		●			Wakeboarding	Carbrook	40
		●			Martial Arts	Tanah Merah	39
		●			Aquatic Physical Activity for Pain Management	Kingston	44
		●			Swimming for Adults	Kingston	45
SUNDAY							
	●				Golf for Women	Windaroo	38
				●	Dancing (Punjabi Bhangara)	Rosedale South	37

Adaptive Aqua Park Adventure

Race your mates or splash around and have fun on this floating playground. Jump on the water trampoline, stand up on the paddle boards, or race your mates in the kayaks. This activity is suitable for people with disability and is recommended for confident swimmers. Parents/carers participate for free.

Bookings are essential.

When	Where	Contact	Cost
Thursdays 9:30 am to 11 am (Between 12 January and 30 March 2023)	Bayside Wake Park 80B Ferry Road, Carbrook	Bayside Wake Park Phone: 07 3287 7777 Email: cableski@bigpond.com	\$7

Adaptive Learn to Kayak and SUP

Learn to kayak and stand-up paddle board in a controlled environment. All equipment and safety gear is included. This activity is suitable for people with disability and parents/carers participate for free.

Bookings are essential.

When	Where	Contact	Cost
Tuesdays 9:30 am to 11 am (Between 10 January and 28 March 2023)	Bayside Wake Park 80B Ferry Road, Carbrook	Bayside Wake Park Phone: 07 3287 7777 Email: cableski@bigpond.com	\$7

Barrier Breakers – Disability Focused Strength and Conditioning Program

This is a 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
Wednesdays 2 pm to 3 pm	Logan Metro Sports Centre 357 Browns Plains Road, Crestmead	Logan Metro Sports Centre Phone: 07 3081 6622 Email: alliedhealth@logan.qld.gov.au	\$5



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
Thursdays 5:30 pm to 6:30 pm (14 years and over)	Logan Metro Sports Centre 357 Browns Plains Road, Crestmead	inSports Logan Metro Phone: 07 3081 6622 Email: insports@logan.qld.gov.au	\$4
Fridays 6 pm to 7 pm (12 years and over)	Farshon Inivale 26/33 Meakin Road, Meadowbrook	Farshon Inivale Phone: 0448 730 023 Email: f4lrx@gmail.com	Free
Saturdays 7 am to 8 am (14 years and over)	Mount Warren Sports Centre 2 Milne Street, Mount Warren Park	inSports Mt Warren Phone: 07 3412 5440 Email: maryjoy@logan.qld.gov.au	\$4
Saturdays (No classes delivered on the last Saturday of each month) 7:30 am to 8:30 am (8 years and over)	Flagstone Amphitheatre Parkside Drive, Flagstone	KK Body Worx Phone: 0400 641 287 Email: kkbodworx@gmail.com	\$5

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
Mondays 6 pm to 7 pm	Marsden State High School Sports Centre 106–130 Muchow Road, Waterford West	SilverBackZ Phone: 0410 848 345 Email: info@silverbackz.com.au	\$2 (free for children under 12 years)
Saturdays 7 am to 8 am	Marsden State High School Sports Centre 106–130 Muchow Road, Waterford West	SilverBackZ Phone: 0410 848 345 Email: info@silverbackz.com.au	\$2 (free for children under 12 years)



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

Bootcamp for Teen Girls

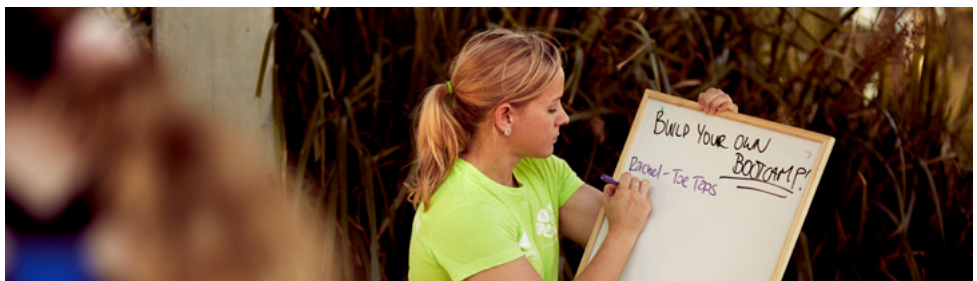
This program aims to promote body love and self-esteem to girls in a fun, safe and positive way. Suitable for girls aged 8 to 17 years. **Bookings are essential.**

When	Where	Contact	Cost
Tuesdays 5 pm to 6 pm (School terms only)	Flagstone Amphitheatre Parkside Drive, Flagstone	KK Body Worx Phone: 0400 641 287 Email: kkbodyworx@gmail.com	Free

Bootcamp for Women

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

When	Where	Contact	Cost
Mondays 6 pm to 7 pm	Farshon Inivale 26/33 Meakin Road, Meadowbrook	Farshon Inivale Phone: 0448 730 023 Email: f4lrx@gmail.com	Free
Saturdays 7 am to 8:30 am	Farshon Inivale 26/33 Meakin Road, Meadowbrook	Farshon Inivale Phone: 0448 730 023 Email: f4lrx@gmail.com	Free



Bootcamp for Youth

Have fun and get active during these fun fitness sessions. Caters for all fitness levels, suitable for those aged 12 to 17 years.

When	Where	Contact	Cost
Thursdays 3:30 pm to 4:30 pm (School terms only)	Farshon Inivale 26/33 Meakin Road, Meadowbrook	Farshon Inivale Phone: 0448 730 023 Email: f4lrxd@gmail.com	Free

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
Mondays 6:30 pm to 7:30 pm (School terms only)	Crestmead PCYC Gimlet Street, Crestmead	Crestmead PCYC Phone: 07 3805 4100 Email: crestmead@pcyc.org.au	\$5

Dancing (Adapted Bellydance)

A fun and welcoming bellydancing class for those with disability or who prefer to sit down. This class is done in a chair. Learn bellydance techniques while improving fitness levels, coordination, rhythm and balance in a safe and friendly environment. Suitable for those aged 10 years and over.

Bookings are essential.

When	Where	Contact	Cost
Wednesdays 10:30 am to 11:30 am	Logan Central Community Centre 9–11 Jacaranda Avenue, Logan Central	Renata Hammond Phone: 0400 701 676 Email: revasi@hotmail.com	\$5

Dancing (Ballet)

Learn for fun and fitness with this beginner ballet class for adults. Ballet shoes are recommended but can be purchased after a free trial lesson. The class can be done in bare feet and socks as well. Please wear gym attire, bring a water bottle and towel. Suitable for those aged 18 years and over.

Bookings are essential.

When	Where	Contact	Cost
Mondays 7 pm to 7:45 pm (School terms only)	Gerrard's Performing Arts Centre 4051 Pacific Highway, Loganholme	Gerrard's Performing Arts Centre Phone: 0401 942 863 Email: info@gerrardsp Performingartscentre.com.au	\$5



Dancing (Bellydance)

Bellydance for fun, fitness and friendship. Learn bellydance techniques while improving fitness levels, coordination, rhythm and balance in a safe and friendly environment. Please bring a yoga mat. Suitable for women aged 10 years and over.

When	Where	Contact	Cost
Mondays 8 am to 9 am	Logan Central Community Centre 9–11 Jacaranda Avenue, Logan Central	Renata Hammond Phone: 0400 701 676 Email: revasi@hotmail.com	\$5
Wednesdays 9:30 am to 10:30 am	Logan Central Community Centre 9–11 Jacaranda Avenue, Logan Central	Renata Hammond Phone: 0400 701 676 Email: revasi@hotmail.com	\$5
Fridays 9:30 am to 10:30 am	Logan Village Lions Community Hall 21–23 Wharf Street, Logan Village	Renata Hammond Phone: 0400 701 676 Email: revasi@hotmail.com	\$5

Dancing (Dance your Way)

A fun and welcoming dance class for adults with disability. Each week you'll learn a different dance style. Make friends, have fun, and enjoy the music. Suitable for those aged 17 years and over.

Bookings are essential.

When	Where	Contact	Cost
Mondays 10:45 am to 11:15 am (School terms only)	Gerrard's Performing Arts Centre 4051 Pacific Highway, Loganholme	Gerrard's Performing Arts Centre Phone: 0401 942 863 Email: info@gerrardsperformingartscentre.com.au	\$5

Dancing (Jazz)

Learn for fun and fitness with this beginner jazz class for adults. Jazz shoes are recommended but can be purchased after a free trial lesson. The class can be done in bare feet and socks as well. Please wear gym attire, bring a water bottle and towel. Suitable for those aged 18 years and over. **Bookings are essential.**

When	Where	Contact	Cost
Mondays 6:30 pm to 7:15 pm (School terms only)	Logan Dance Academy 208–218 Crest Road, Park Ridge	Logan Dance Academy Phone: 0413 059 338 Email: logandanceacademy@bigpond.com.au	\$5
Mondays 7:45 pm to 8:30 pm (School terms only)	Gerrard’s Performing Arts Centre 4051 Pacific Highway, Loganholme	Gerrard’s Performing Arts Centre Phone: 0401 942 863 Email: info@gerrardsperformingartscentre.com.au	\$5

Dancing (New Vogue and Old Time)



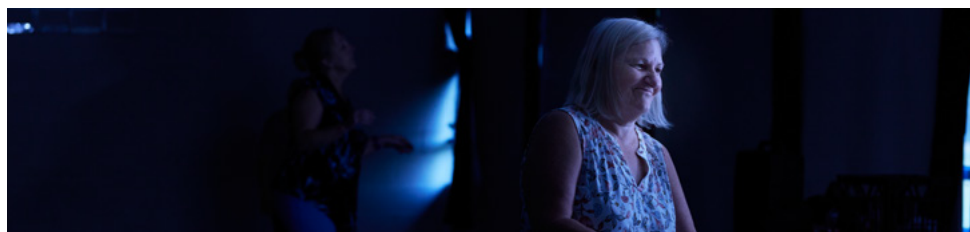
This new vogue and old time dance class is a perfect way to keep fit and connect with others. You’ll be guided by experienced dancers in a fun and relaxed atmosphere. Bring your own morning tea. **Bookings are essential.**

When	Where	Contact	Cost
Thursdays 9.30 am to 12.30 pm (Second Thursday of each month)	Woodhill Association Hall Mount Lindsay Highway, Woodhill	Lyn Durre Phone: 0475 354 633 Email: lyn.ryan@bigpond.com	\$5 (Free for school aged children)

Dancing (No Lights No Lycra)

This fun dance class does not teach structured moves but encourages you to move to your rhythm in a safe, non-judgemental space. The lights will be turned low and the music will be turned up! Please bring a water bottle.

When	Where	Contact	Cost
Mondays 5:30 pm to 6:30 pm	Gould Adams Community Centre 558 Kingston Road, Kingston	No Lights No Lycra Phone: 0438 357 433 Email: nlnlkingston@yahoo.com	\$5



Dancing (Punjabi Bhangara)

Improve your fitness and have fun while dancing to Punjabi music. Bhangra dance is one of the popular folk dances of Punjab. It's a great form of exercise and fun. Suitable for those aged 18 years and over.

Bookings are essential.

When	Where	Contact	Cost
Sundays 5 pm to 6 pm	Springwood Road State School 94–120 Springwood Rd Rosedale South	Rich Virsa Pty Ltd Phone: 0404 750 409 Email: richvirsabhangra@gmail.com	Free

Dancing (Tap)

Learn for fun and fitness with this beginner tap class for adults. Tap shoes are recommended but can be purchased after a free trial lesson. The class can be done in bare feet and socks as well. Please wear gym attire, bring a water bottle and towel. Suitable for those aged 18 years and over. **Bookings are essential.**

When	Where	Contact	Cost
Mondays 6:15 pm to 7 pm (School terms only)	Gerrard's Performing Arts Centre 4051 Pacific Highway, Loganholme	Gerrard's Performing Arts Centre Phone: 0401 942 863 Email: info@gerrardsperformingartscentre.com.au	\$5

Fit Over 50's



Build strength and keep fit with this over 50's fitness activity. **Bookings are essential.**

When	Where	Contact	Cost
Tuesdays 8:15 am to 9 am	In Force Personal Training 45 Glengala Drive, Rosedale South	In Force Personal Training Phone: 0410 602 023 Email: ifpt@outlook.com.au	\$10
Thursdays 8:15 am to 9 am	In Force Personal Training 45 Glengala Drive, Rosedale South	In Force Personal Training Phone: 0410 602 023 Email: ifpt@outlook.com.au	\$10



Get Fit – Barrier Breakers

This group training program can help manage stress and social anxiety through exercise, wellbeing activities and nutrition. Gain skills and abilities to overcome barriers through physical and social participation. This program is for participants from culturally and linguistically diverse backgrounds. **Bookings are essential.**

When	Where	Contact	Cost
Mondays 10am to 11:30 am (Between 23 January and 27 March 2023) (School term only)	Forest Glen Park Parkland Avenue, Browns Plains	BDR Fitness Phone: 0476 771 922 Email: brendan@bdrfitness.com.au	\$5

Golf for Women

Women can come along and learn the game of golf in a relaxing, fun and social environment. Golf equipment will be available for use. This activity is suitable for all skill levels. Bring a water bottle, wear comfortable sun protective clothing and enclosed shoes. Suitable for those aged 12 years and over. **Bookings are essential.**

When	Where	Contact	Cost
Wednesdays 8:30 am to 9:30 am (School terms only)	Windaroo Lakes Golf Club 1–5 Anna Louise Terrace, Windaroo	Janine Barney Phone: 0419 714 064 Email: golfforewomen@gmail.com	\$5
Sundays 8:30 am to 9:30 am (School terms only)	Windaroo Lakes Golf Club 1–5 Anna Louise Terrace, Windaroo	Janine Barney Phone: 0419 714 064 Email: golfforewomen@gmail.com	\$5

KONGA (Dance and Fitness)



KONGA is an easy to follow mix of boxing, hip hop, rock, dancehall, pop, disco, Pilates and everything in between. It's a full body workout suitable for all ages and fitness levels. **Bookings are essential.**

When	Where	Contact	Cost
Tuesdays 6:30 pm to 7:10 pm	Park Ridge High School Gate 1, Lancewood Street, Park Ridge	Michelle Shea Phone: 0402 480 289 Email: chelle.zumba@hotmail.com Website: bookwhen.com/chellezumba	\$6

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

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	Berrinba Wetlands Browns Plains	Website: parkrun.com.au	Free
	Darlington Parklands Yarrabilba		
	Logan River Parklands Beenleigh		
	Riverdale Park Meadowbrook		
	Spring Mountain Reserve Greenbank		
	Underwood Park Priestdale		



Self-Defence for Women

Learn how to break and escape with martial arts moves in this female self-defence class. Wear comfortable clothing. Suitable for women aged 12 years and over. **Bookings are essential.**

When	Where	Contact	Cost
Saturdays 8:30 am to 9:15 am (School terms only)	KMA Brisbane 2/19 Pintu Drive, Tanah Merah	KMA Brisbane Phone: 0410 645 552 Email: davidkingtkd@gmail.com	\$3



Swimming for Women

A women's only learn to swim class providing a safe environment for women from all backgrounds. Please bring a towel, swimwear and goggles. Suitable for women aged 12 years and over.

Bookings are essential.

When	Where	Contact	Cost
Mondays 9:30 am to 10:15 am 10:30 am to 11:15 am	Logan North Aquatic and Fitness Centre 2 Sports Drive, Underwood	Hurricane Stars Club Phone: 0432 026 375 Email: contact@hurricanestarsclub.org	\$5

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

Wakeboarding for Women

This learn to wakeboard program is for women of all ages and ability levels and is delivered by an all-women coaching team. Learn how to wakeboard, gain confidence, and improve fitness while having fun! Suitable for women aged 8 years and over. **Bookings are essential.**

When	Where	Contact	Cost
Fridays 9:30 am to 11 am (Between 13 January and 31 March 2023)	Bayside Wake Park 80B Ferry Road, Carbrook	Bayside Wake Park Phone: 07 3287 7777 Email: cableski@bigpond.com	\$7

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
Mondays 8 am to 10 am (warmer months) 9 am to 11 am (cooler months)	Middle Green Park 720–768 Middle Road, Greenbank	Football Queensland Phone: 0423 313 327 Email: greenbankwalkingfootball@gmail.com	Free
Wednesdays 8 am to 10 am (warmer months) 9 am to 11 am (cooler months)	Middle Green Park 720–768 Middle Road, Greenbank	Football Queensland Phone: 0423 313 327 Email: greenbankwalkingfootball@gmail.com	Free
Fridays 8 am to 10 am (warmer months) 9 am to 11 am (cooler months)	Middle Green Park 720–768 Middle Road, Greenbank	Football Queensland Phone: 0423 313 327 Email: greenbankwalkingfootball@gmail.com	Free Ⓟ

Zumba



A fun filled high energy dance class choreographed to a variety of music. This activity is suitable for all fitness levels.

When	Where	Contact	Cost
Mondays 6:30 pm to 7:10 pm	Park Ridge High School Gate 1, Lancewood Street, Park Ridge	Michelle Shea Phone: 0402 480 289 Email: chelle.zumba@hotmail.com Website: bookwhen.com/chellezumba	\$6
When	Where	Contact	Cost
Wednesdays 6:30 pm to 7:10 pm	Park Ridge High School Gate 1, Lancewood Street, Park Ridge	Michelle Shea Phone: 0402 480 289 Email: chelle.zumba@hotmail.com Website: bookwhen.com/chellezumba	\$6

Zumba Gold

A fun dance class where you can party at your own pace. Ideal for active older adults, expectant mums or those newer to exercise. If you're looking for a modified Zumba class at a lower intensity, this is the workout for you.

When	Where	Contact	Cost
Mondays 9:30 am to 10:30 am (14 years and over)	Bethesda Hall 81 City Road, Beenleigh	MiMFiT Phone: 0400 128 747 Email: miriam@mimfit.net	\$5
Mondays 6:00 pm to 6:30 pm	Springwood Central State School 39 Murrajong Road, Springwood	Zumba with Carla Phone: 0401 958 761 Email: zumba_with_carla@hotmail.com Website: bookwhen.com/zumbacarla	\$5 adults, \$3 teens, \$2 children under 12 years 
Tuesdays 10:30 am to 11:30 am (14 years and over)	Mount Warren Sports Centre 2 Milne Street, Mount Warren Park	inSports Mt Warren Phone: 07 3412 5440 Email: maryjoy@logan.qld.gov.au	\$4
Wednesdays 9:30 am to 10:30 am (14 years and over)	Bethesda Hall 81 City Road, Beenleigh	MiMFiT Phone: 0400 128 747 Email: miriam@mimfit.net	\$5
Fridays 9:30 am to 10:30 am (14 years and over)	Logan Central Community Centre 9–11 Jacaranda Avenue, Logan Central	MiMFiT Phone: 0400 128 747 Email: miriam@mimfit.net	\$5

Zumba Toning



Tone your body as you groove. This class combines Zumba with a resistance workout. It's great for improving rhythm, balance and coordination as well as toning your body. **Bookings are essential.**

When	Where	Contact	Cost
Wednesdays 6:00 pm to 6:30 pm	Springwood Central State School 39 Murrajong Road, Springwood	Zumba with Carla Phone: 0401 958 761 Email: zumba_with_carla@hotmail.com Website: bookwhen.com/zumbacarla	\$5 adults, \$3 teens, \$2 children under 12 years



Outdoor Gyms

Take a break from indoors and breathe in the fresh air during your next workout. 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



Aquatic Physical Activity for Pain Management



This four-week group adult aquatic program is for refugees and newly arrived migrants living in the City of Logan. This program will empower people to manage chronic pain using water based therapy. This program will be facilitated by an Occupational Therapist and Bicultural Aquatic Assistant. Suitable for those aged 16 years and over who do not receive NDIS funding. **Bookings are essential.**

When	Where	Contact	Cost
Thursdays 11:15 am to 12 pm (Women only) Between 2 February to 23 February 2023, 20 April to 11 May 2023 and 18 May to 8 June 2023	Gould Adams Park Aquatic Centre 558 Kingston Road, Kingston	The Aqua English Project Text: 0406 063 737 Email: info@aquenglish.com.au	Free
Fridays 11:15 am to 12 pm Between 3 February to 24 February 2023, 3 March to 24 March 2023, 21 April to 12 May 2023 and 19 May to 9 June 2023	Logan West Aquatic Centre and Health Club 29 Wineglass Drive, Hillcrest	The Aqua English Project Text: 0406 063 737 Email: info@aquenglish.com.au	Free
Saturdays 11:15 am to 12 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	Gould Adams Park Aquatic Centre 558 Kingston Road, Kingston	The Aqua English Project Text: 0406 063 737 Email: info@aquenglish.com.au	Free



Queensland Government

Metro South Health



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
Thursdays 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	Gould Adams Park Aquatic Centre 558 Kingston Road, Kingston	The Aqua English Project Text: 0406 063 737 Email: info@aquaenglish.com.au	Free
Fridays 12 pm to 2 pm Between 3 February to 24 February 2023, 3 March to 24 March 2023, 21 April to 12 May 2023 and 19 May to 9 June 2023	Logan West Aquatic Centre and Health Club 29 Wineglass Drive, Hillcrest	The Aqua English Project Text: 0406 063 737 Email: info@aquaenglish.com.au	Free
Saturdays 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	Gould Adams Park Aquatic Centre 558 Kingston Road, Kingston	The Aqua English Project Text: 0406 063 737 Email: info@aquaenglish.com.au	Free

GENTLE MOVEMENT





6 AM	9 AM	12 PM	3 PM	6 PM	ACTIVITY	SUBURB	PG
					MONDAY		
	●				Aqua Aerobics	Beenleigh	50
	●				Tai Chi	Regents Park	59
	●				Adaptive Aquatics	Beenleigh	49
	●				Adaptive Aquatics	Beenleigh	49
	●				Adaptive Aquatics	Beenleigh	49
	●				Balance and Falls Prevention	Crestmead	51
	●				Gentle Circuit	Springwood	54
	●				Yoga (Gentle)	Underwood	64
	●				Bowls	Logan Central	52
	●				Pilates (Pre and Post-Natal Women)	Loganholme	58
	●				Boost your Fitness	Logan Village	52
	●				Gentle Exercise	Mount Warren Park	54
	●				Pilates (Mat)	Crestmead	57
	●				Dancing (Movement to Music)	Kingston	53
	●				Aqua Aerobics for Women	Underwood	51
		●			Pilates (Parkinson's & MS)	Loganholme	57
		●			Gentle Exercise	Underwood	54
				●	Yoga (Gentle)	Loganholme	64
				●	Yoga (Gentle)	Logan Central	64
				●	Yoga	Greenbank	62
				●	Aqua Aerobics	Jimboomba	50
					TUESDAY		
●					Gentle Exercise	Logan Central	54
	●				Functional Fitness for Seniors	Bethania	53
	●				Strength and Core	Crestmead	58
	●				Yoga	Beenleigh	62
	●				CANMove	Waterford West	52
	●				Functional Fitness for Seniors	Bethania	53
	●				Pilates (Pre and Post-Natal)	Underwood	58
	●				Gentle Exercise	Crestmead	54
	●				Boost your Fitness	Logan Village	52
	●				CANMove	Waterford West	52
		●			Move More	Underwood	56
		●			Lung Power	Crestmead	55



6 AM	9 AM	12 PM	3 PM	6 PM	ACTIVITY	SUBURB	PG
TUESDAY (CONTINUED)							
		●			Hydrotherapy	Kingston	55
				●	Yoga	Mount Warren Park	62
WEDNESDAY							
	●				Aqua Aerobics	Bethania	50
	●				Yoga	Jimboomba	62
	●				Pilates (Stretch and Strength)	Crestmead	58
	●				Adaptive Aquatics	Underwood	49
	●				Adaptive Aquatics	Underwood	49
	●				Yoga	Marsden	62
	●				Yoga	Marsden	62
	●				Barre	Underwood	51
	●				Yoga	Jimboomba	62
	●				Yoga	Jimboomba	62
	●				Adaptive Aquatics	Underwood	49
		●			Gentle Exercise	Mount Warren Park	55
		●			Aqua Aerobics	Jimboomba	50
		●			Move More	Underwood	56
		●			Aqua Aerobics	Kingston	50
				●	Aqua Zumba	Kingston	51
				●	Yoga (Rhythmic Vinyasa)	Beenleigh	65
				●	Pilates (Mat)	Loganholme	57
THURSDAY							
	●				Tai Chi	Greenbank	59
	●				Gentle Circuit	Springwood	54
	●				Tai Chi	Jimboomba	59
	●				Yoga (Parents and Bubs)	Loganholme	65
	●				Gentle Exercise	Underwood	55
	●				Boost your Fitness	Logan Village	52
	●				Yoga	Mount Warren Park	62
	●				Dancing (Movement to Music)	Kingston	53
	●				Yoga (Chair)	Loganholme	63
		●			Pilates (Falls Prevention)	Loganholme	56
				●	Yoga (Gentle)	Logan Central	64



6 AM	9 AM	12 PM	3 PM	6 PM	ACTIVITY	SUBURB	PG
FRIDAY							
	●				Tai Chi	Logan Village	59
	●				Functional Fitness for Seniors	Bethania	53
	●				Gentle Circuit	Crestmead	54
		●			Boost your Fitness	Logan Village	52
		●			Functional Fitness for Seniors	Bethania	53
		●			Gentle Exercise	Mount Warren Park	55
		●			Move More	Crestmead	56
		●			Tai Chi	Slacks Creek	59
		●			Lung Power	Crestmead	55
SATURDAY							
	●				Tai Chi	Loganlea	59
	●				Pilates (Mat)	Loganholme	57

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

Adaptive Aquatics


Adaptive Aquatics improves mobility, confidence and water awareness. These low-impact classes are ideal for those with disability or injury. Please bring a towel, swimwear, change of clothes and sunscreen. Suitable for those aged 4 years and over. **Bookings are essential.**

When	Where	Contact	Cost
Mondays 8 am to 8:30 am 8:30 am to 9 am 9 am to 9:30 am (School terms only)	Beenleigh Aquatic Centre City Road, Beenleigh	Aqualogan Phone: 07 2803 4100 Email: aqualogan@logan.qld.gov.au	\$5
Wednesdays 9 am to 9:30 am 9:30 am to 10 am 10 am to 10:30 am (School terms only)	Logan North Aquatic and Fitness Centre 2 Sports Drive, Underwood	Aqualogan Phone: 07 3541 6150 Email: aqualogan@logan.qld.gov.au	\$5



Aqua Aerobics

Take part in a fun aerobics class in the water. Beneficial for those at risk of injuries such as seniors or recuperating participants.

When	Where	Contact	Cost
Mondays 8 am to 9 am (18 years and over) Between 1 October 2022 to 31 March 2023 (School terms only)	Beenleigh Aquatic Centre City Road, Beenleigh	Aqualogan Phone: 07 2803 4100 Email: aqualogan@logan.qld.gov.au	\$5
Mondays 6:30 pm to 7:30 pm (12 years and over)	Splash Leisure Flagstone 25 Bushman Drive, Jimboomba	Splash Leisure Flagstone Phone: 07 3180 2240 Email: flagstone@splash.com.au	\$5
Wednesdays 8 am to 9 am (18 years and over) Between 1 October 2022 to 31 March 2023 (School terms only)	Bethania Aquatic Centre 88–110 Station Road, Bethania	Aqualogan Phone: 07 3805 6032 Email: aqualogan@logan.qld.gov.au	\$5
Wednesdays 11 am to 12 pm (12 years and over)	Splash Leisure Flagstone 25 Bushman Drive, Jimboomba	Splash Leisure Flagstone Phone: 07 3180 2240 Email: flagstone@splash.com.au	\$5
Wednesdays 1 pm to 2 pm (14 years and over)	Gould Adams Park Aquatic Centre 558 Kingston Road, Kingston	Gould Adams Park Aquatic Centre Phone: 07 3462 0269 Email: kingston@cityaquatics.com.au	\$5 





Aqua Aerobics for Women

A women's only aqua aerobics class providing a safe environment for women from all backgrounds to participate in low impact exercise. Please bring a towel and swimwear. Suitable for women aged 12 years and over. **Bookings are essential.**

When	Where	Contact	Cost
Mondays 11:15 am to 12 pm	Logan North Aquatic and Fitness Centre 2 Sports Drive, Underwood	Hurricane Stars Club Phone: 0432 026 375 Email: contact@hurricanestarsclub.org	\$5

Aqua Zumba



Get fit while having fun in the pool with this energetic dance fitness class. Suitable for those aged 12 years and over.

When	Where	Contact	Cost
Wednesdays 5:30 pm to 6:15 pm	Gould Adams Park Aquatic Centre 558 Kingston Road, Kingston	Gould Adams Park Aquatic Centre Phone: 07 3462 0269 Email: kingston@cityaquatics.com.au	\$5

Balance and Falls Prevention

A physiotherapist or exercise physiologist will instruct this class. The aim is to focus on improving balance, stability and preventing falls. It's also suitable for those with osteoporosis or osteopenia. 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
Mondays 9 am to 10 am	Northhab Physio and Fitness Shop 3, 17 Julie Street, Crestmead	NorthHab Physio and Fitness Phone: 07 3803 2100 Email: reception@northhab.com.au	\$5

Barre



Barre is a mix of Pilates and ballet inspired movements. This is a child friendly class, allowing new parents or carers to bring their little ones into the studio. Parents are required to attend to their children when needed throughout the class. **Bookings are essential.**

When	Where	Contact	Cost
Wednesdays 9:30 am to 10:10 am	Inna Essence Studio Level 1, 3245 Logan Road, Underwood	Inna Essence Phone: 0468 446 444 Email: hello@innaessence.com Website: innaessence.com/timetable	\$5

Boost your Fitness

This gentle group exercise class promotes good health and physical activity. An exercise physiologist or physiotherapist 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
Mondays 10:30 am to 11:30 am	Complete Allied Health 131 Albert St, Logan Village	Complete Allied Health Phone: 07 5546 3366 Email: ken.nguyen@completeahc.com.au	\$5
Tuesdays 10:30 am to 11:30 am	Complete Allied Health 131 Albert St, Logan Village	Complete Allied Health Phone: 07 5546 3366 Email: ken.nguyen@completeahc.com.au	\$5
Thursdays 10:30 am to 11:30 am	Complete Allied Health 131 Albert St, Logan Village	Complete Allied Health Phone: 07 5546 3366 Email: ken.nguyen@completeahc.com.au	\$5
Fridays 10:30 am to 11:30 am	Complete Allied Health 131 Albert St, Logan Village	Complete Allied Health Phone: 07 5546 3366 Email: ken.nguyen@completeahc.com.au	\$5

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
Mondays 9:30 am to 12 pm	Logan Central Community Centre 9–11 Jacaranda Avenue, Logan Central	Chris Finn Phone: 07 3299 5137 Email: robvalturner2@bigpond.com	\$5

CANMove

This class is for those who are having cancer treatment or for cancer survivors. An exercise physiologist trained in cancer rehabilitation takes the class. The focus is on strength exercises tailored to each person. **Bookings are essential.**

When	Where	Contact	Cost
Tuesdays 9:45 am to 10:45 am 11 am to 12 pm	Fizzio for Life 1/22 Loganlea Road, Waterford West	Fizzio for Life Phone: 07 3805 3223 Email: enquiries@fizzioforlife.com.au	\$5

Dancing (Movement to Music)



Come and join this fun dance class where you learn to move to the rhythm of the music. This fun chair aerobic activity will help to coordinate the muscles and body whilst keeping the brain active and healthy.

Bookings are essential.

When	Where	Contact	Cost
Mondays 11 am to 12 pm (School terms only)	Gould Adams Community Centre 558 Kingston Road, Kingston	Australasian Dancesport and Design Phone: 0407 669 689 Email: adanddbrisbane@gmail.com	\$5
Thursdays 11 am to 12 pm (School terms only)	Gould Adams Community Centre 558 Kingston Road, Kingston	Australasian Dancesport and Design Phone: 0407 669 689 Email: adanddbrisbane@gmail.com	\$5

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 enclosed 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
Tuesdays 8:30 am to 9:30 am	Cara's & Co by BallyCara 6/78 Station Road, Bethania	BallyCara Phone: 0431 282 585 Email: dauer@ballycara.com	\$8 (\$12 after 10 classes) 
Tuesdays 10 am to 11 am	Cara's & Co by BallyCara 6/78 Station Road, Bethania	BallyCara Phone: 0431 282 585 Email: dauer@ballycara.com	\$8 (\$12 after 10 classes) 
Fridays 8:30 am to 9:30 am	Cara's & Co by BallyCara 6/78 Station Road, Bethania	BallyCara Phone: 0431 282 585 Email: dauer@ballycara.com	\$5
Fridays 10 am to 11 am	Cara's & Co by BallyCara 6/78 Station Road, Bethania	BallyCara Phone: 0431 282 585 Email: dauer@ballycara.com	\$8 (\$12 after 10 classes) 



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

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



Gentle Exercise (Continued)

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

Hydrotherapy

This water based exercise class is designed for adults and seniors that have health conditions or limitations that require monitoring during exercise. Run by an exercise physiologist, this class is fun, interesting and safe. Please bring a towel, swimming clothes and a water bottle. Suitable for those aged 18 years over.

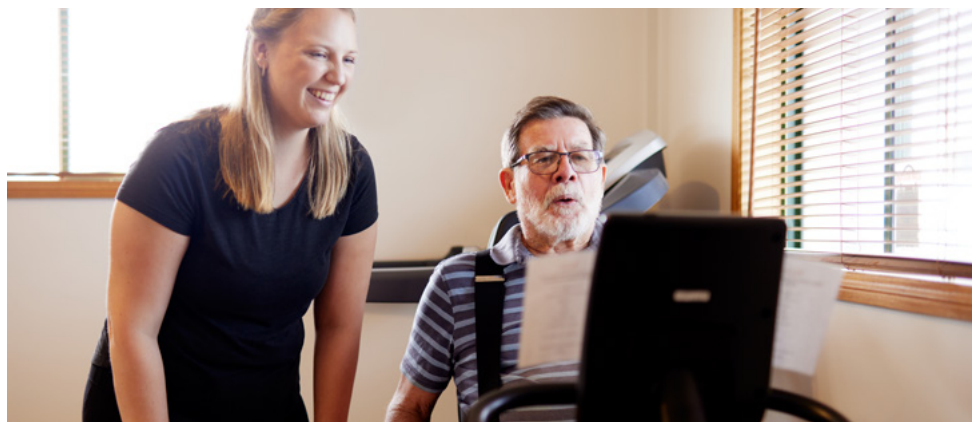
Bookings are essential.

When	Where	Contact	Cost
Tuesdays 1.30 pm to 2:30 pm	Gould Adams Aquatic Centre 558 Kingston Road, Kingston	Health and Fitness Rehabilitation Phone: 0437 542 996 Email: jess@hfrehab.com.au	\$5

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



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
Tuesdays 11:30 am to 12:30 pm	Logan North Aquatic and Fitness Centre 2 Sports Drive, Underwood	inSports Logan North Phone: 07 3541 6170 Email: insports@logan.qld.gov.au	\$4
Wednesdays 11:30 am to 12:30 pm	Logan North Aquatic and Fitness Centre 2 Sports Drive, Underwood	inSports Logan North Phone: 07 3541 6170 Email: insports@logan.qld.gov.au	\$4
Fridays 10:45 am to 11:45 am	Logan Metro Sports Centre 357 Browns Plains Road, Crestmead	inSports Logan Metro Phone: 07 3081 6622 Email: insports@logan.qld.gov.au	\$4

Pilates (Falls Prevention)

This class is held on and off the chair. It focuses on alignment and muscle activations to help improve balance. You'll work on mobility and strengthening exercises. It will improve balance, mobility, strength, posture and endurance. Suitable for our ageing population or anybody who is concerned about the risk of falls. **Bookings are essential.**

When	Where	Contact	Cost
Thursdays 1 pm to 2 pm	Wellwood Health 3918 Pacific Highway, Loganholme	Wellwood Health Phone: 0415 849 941 Book via: Wellwood Health App	\$5

Pilates (Mat)

This class aims to improve muscle strength, posture and flexibility. It may help to provide relaxation and stress relief. This activity is suitable for beginners and during pregnancy. **Bookings are essential.**

When	Where	Contact	Cost
Mondays 10:30 am to 11:30 am (14 years and over)	Logan Metro Sports Centre 357 Browns Plains Road, Crestmead	inSports Logan Metro Phone: 07 3081 6622 Email: insports@logan.qld.gov.au	\$4
Wednesdays 6:30 pm to 7:30 pm (12 years and over)	Wellwood Health 3918 Pacific Highway, Loganholme	Wellwood Health Phone: 0415 849 941 Book via: Wellwood Health App	\$5
Saturdays 9:15 am to 10:15 am (12 years and over)	Wellwood Health 3918 Pacific Highway, Loganholme	Wellwood Health Phone: 0415 849 941 Book via: Wellwood Health App	\$5

Pilates (Parkinson's and MS)


This class is for those living with neurological conditions like Parkinson's and MS. It will help with flexibility, balance, coordination, breathing and stress relief. This is a fun and supportive class for any age group. Carers are welcome for free. **Bookings are essential.**

When	Where	Contact	Cost
Mondays 11:30 am to 12:30 pm	Wellwood Health 3918 Pacific Highway, Loganholme	Wellwood Health Phone: 0415 849 941 Book via: Wellwood Health App	\$5



Pilates (Pre and Post-Natal)

This class is suitable for both pre and post-natal mothers. These sessions help with muscular and postural changes that can occur in pregnancy. Please bring a towel and baby blanket. This activity is suitable for pregnant women, mothers and babies up to crawling age. **Bookings are essential.**

When	Where	Contact	Cost
Mondays 10 am to 11 am	Wellwood Health 3918 Pacific Highway, Loganholme	Wellwood Health Phone: 0415 849 941 Book via: Wellwood Health App	\$5
Tuesdays 10:15 am to 10:55 am	Inna Essence Studio Level 1, 3245 Logan Road, Underwood	Inna Essence Phone: 0468 446 444 Email: hello@innaessence.com Website: innaessence.com/timetable/	\$5 

Pilates (Stretch and Strength)

A physiotherapist or exercise physiologist will instruct this class. It will generally consist of floor/mat based Pilates moves with the occasional movement in standing. It will assist with flexibility, control, pelvic floor strength, balance, and core strength. It is a great option for pre and post pregnancy, and those wanting a slowed down and controlled workout. Bring a water bottle, towel and any relevant medical information. Suitable for those aged 16 years and above. **Bookings are essential.**

When	Where	Contact	Cost
Wednesdays 9 am to 10 am	NorthHab Physio and Fitness Shop 3, 17 Julie Street, Crestmead	NorthHab Physio and Fitness Phone: 07 3803 2100 Email: reception@northhab.com.au	\$5

Strength and Core

This program is instructed by a physiotherapist or an exercise physiologist. It will improve participants overall balance. The class should reduce social anxiety and fear in their own environment. It will enhance functional independence. 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
Tuesdays 9 am to 10 am	NorthHab Physio and Fitness Shop 3, 17 Julie Street, Crestmead	NorthHab Physio and Fitness Phone: 07 3803 2100 Email: reception@northhab.com.au	\$5

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
Mondays 8 am to 9 am (warmer months) 9 am to 10 am (cooler months)	Regents Park Bennett Drive, Regents Park	Logan Tai Chi Phone: 0466 954 646 Email: admin@logantaichi.com.au	\$5
Thursdays 8 am to 9 am (warmer months) 9 am to 10 am (cooler months)	Spring Mountain Reserve Tully Connection Road, Greenbank	Logan Tai Chi Phone: 0466 954 646 Email: admin@logantaichi.com.au	\$5
Thursdays 9:30 am to 10:30 am	Jimboomba Library Community Room 18–22 Honora Street, Jimboomba	Logan Tai Chi Phone: 0466 954 646 Email: admin@logantaichi.com.au	\$5
Fridays 8 am to 9 am (warmer months) 9 am to 10 am (cooler months)	Logan Village Green Wharf Street, Logan Village	Logan Tai Chi Phone: 0466 954 646 Email: admin@logantaichi.com.au	\$5
Fridays 11 am to 12 pm (School terms only)	Kingston East Neighbourhood Centre 177 Meakin Road, Slacks Creek	Kingston East Neighbourhood Group Phone: 07 3808 1684 Email: admin@keng.org.au	\$2
Saturdays 8 am to 9 am	Loganlea Community Centre 28–32 Timms Street, Loganlea	Loganlea Community Centre Phone: 07 3805 8260 Email: community@ loganleacommunity.org.au	Gold coin donation 





Walking Groups



Join Heart Foundation Walking and take positive steps to improve your health. Reduce stress, have a healthier body, build new friendships and most of all, be happy.

Get involved in the many free walking groups in Logan. Start your own group or walk as an individual with the Heart Foundation app. Visit: walking.heartfoundation.org.au or phone **13 11 12** to get started today.

Group Name	When	Where	Contact
Berrinba Trail Blazers	Monday to Friday 7 am	Berrinba Wetlands – meet at carpark Wayne Goss Drive, Browns Plains	Berrinba Trail Blazers Email: nick.riestra@gmail.com
Daisy Hill Walking Group	Monday to Wednesday 3:45 pm	Various locations in Daisy Hill	Daisy Hill Walking Group Jill Phone: 0408 181 050
Rochedale South Tagalong Walkers	Monday to Friday 6 am	Underwood Park – meet at lower BMX carpark main entrance 956 Underwood Road, Priestdale	Rochedale South Tagalong Walkers email: lorraine.kallis@hotmail.com Phone: 0410 330 948
Shailer Park Walking Group	Saturday 5:45 am	Corner Koolan Crescent and Chatswood Road Shailer Park	Shailer Park Walking Group Hongwei email: sunhongwei6611@gmail.com Phone: 0488 766556
Woodridge Wanderers	Monday to Friday 7 am	Logan Central Plaza – meet at the middle entrance near Coolabah Tree Café	Woodridge Wanderers Carol Phone: 0412 770 747



Yoga

Yoga can help create balance in the body by developing strength and flexibility. These classes will help you de-stress and enhance your sense of wellbeing. Bring a yoga mat and water bottle. **Bookings are essential.**

When	Where	Contact	Cost
Mondays 6:15 pm to 7:15 pm (16 years and over)	Greenbank Community Hall Teviot Road, Greenbank	Grace Yoga Phone: 0415 649 046 Email: alison.jansink@gmail.com	\$5
Tuesdays 9:30 am to 10:30 am (50 years and over)	Beenleigh Neighbourhood Centre 10 James Street, Beenleigh	Trishna Peacock Phone: 0415 845 369 Email: trishnapeacock@gmail.com	\$6 
Tuesdays 6:30 pm to 7:30 pm (14 years and over)	Mount Warren Sports Centre 2 Milne Street, Mount Warren Park	inSports Mt Warren Phone: 07 3412 5440 Email: maryjoy@logan.qld.gov.au	\$4
Wednesdays 8:30 am to 9:30 am (12 years and over)	Jimboomba Library Community Room 18–22 Honora Street, Jimboomba	Grace Yoga Phone: 0415 649 046 Email: alison.jansink@gmail.com	\$5
Wednesdays 9:30 am to 10:30 am (16 years and over) (School terms only)	Marsden and District Progress Association 127 Third Avenue, Marsden	Yoga and More Phone: 0432 662 154 Email: katie@qtimefitness.com.au	\$5
Wednesdays 9:45 am to 10:45 am (16 years and over)	Jimboomba Library Community Room 18–22 Honora Street, Jimboomba	Grace Yoga Phone: 0415 649 046 Email: alison.jansink@gmail.com	\$5
Thursdays 10:30 am to 11:30 am (14 years and over)	Mount Warren Sports Centre 2 Milne Street, Mount Warren Park	inSports Mt Warren Phone: 07 3412 5440 Email: maryjoy@logan.qld.gov.au	\$4

Yoga (Chair)

Adaptive chair yoga is ideal for those who may find it difficult to attend regular yoga on the floor. The class is done on a chair using props for support. This is a great class to get the body moving, improve your flexibility, relax the mind and build up your strength. Suitable for all abilities and for those with injuries aged 12 years and over. **Bookings are essential.**

When	Where	Contact	Cost
Thursdays 11:30 am to 12:30 pm	Wellwood Health 3918 Pacific Highway, Loganholme	Wellwood Health Phone: 0415 849 941 Book via: Wellwood Health App	\$5



Yoga (Gentle)

This yoga class is great for all levels, including pregnancy. It focuses on breath work, stretching, balance and meditation. **Bookings are essential.**

When	Where	Contact	Cost
Mondays 9.30am to 10.30am (16 years and over)	Inna Essence Studio Level 1, 3245 Logan Road, Underwood	Inna Essence Phone: 0468 446 444 Email: hello@innaessence.com Website: innaessence.com/timetable	\$5 
Mondays 5:30 pm to 6:30 pm (12 years and over)	Wellwood Health 3918 Pacific Highway, Loganholme	Wellwood Health Phone: 0415 849 941 Book via: Wellwood Health App	\$5
Mondays 6 pm to 7 pm (18 years and over)	Logan Central Community Centre 9–11 Jacaranda Avenue, Logan Central	Maree Macaulay Phone: 0451 956 447 Email: mareemac888@gmail.com	\$5
Thursdays 6:30 pm to 7:30 pm (18 years and over)	Logan Central Community Centre 9–11 Jacaranda Avenue, Logan Central	Maree Macaulay Phone: 0451 956 447 Email: mareemac888@gmail.com	\$5





Yoga (Parents and Bubs)

Rebuild strength and stability within your body in this parents and bubs yoga class. Take time out to connect with your baby and other parents in a supportive environment. Please bring a towel and baby blanket. This activity is suitable for parents and babies up to crawling age. **Bookings are essential.**

When	Where	Contact	Cost
Thursdays 10 am to 11 am	Wellwood Health 3918 Pacific Highway, Loganholme	Wellwood Health Phone: 0415 849 941 Book via: Wellwood Health App	\$5

Yoga (Rhythmic Vinyasa)

A beginner, friendly Hatha Yoga practice. Get out of your head and into your body through breath and body movements. Please bring a yoga mat and water bottle. Suitable for those aged 12 years and over. **Bookings are essential.**

When	Where	Contact	Cost
Wednesdays 5:45 pm to 6:45 pm	Beenleigh Scout Group Hall Tallagandra Court, Beenleigh	Artsana Phone: 0405 966 848 Email: artsana.yoga@gmail.com	\$5

WELLBEING





6 AM	9 AM	12 PM	3 PM	6 PM	ACTIVITY	SUBURB	PG
MONDAY							
●					Men's Sheds	Hillcrest	72
	●				Men's Sheds	Munruben	72
	●				Men's Sheds	Logan Village	72
	●				Men's Sheds	Beenleigh	72
	●				Computer Club (Adults and Seniors)	Slacks Creek	70
TUESDAY							
●					Men's Sheds	Hillcrest	72
	●				Men's Sheds	Beenleigh	72
		●			Social Group for Men	Eagleby	73
		●			Craft Group	Slacks Creek	70
		●			Golden Years	Hillcrest	71
		●			Social Group for Women	Eagleby	73
			●		Card Making	Slacks Creek	69
			●		Computer Club (Adults and Seniors)	Slacks Creek	70
			●		Family History	Logan Village	70
				●	Men's Sheds	Kingston	72
WEDNESDAY							
●					Men's Sheds	Hillcrest	72
	●				Men's Sheds	Crestmead	72
	●				Men's Sheds	Munruben	72
	●				Men's Sheds	Logan Village	72
		●			Chatty Cafe	Various Suburbs	70
		●			Healthy Ageing Hub	Logan Central	71
THURSDAY							
	●				Men's Sheds	Crestmead	72
	●				Men's Sheds	Beenleigh	72
		●			Craft Group	Logan Central	70
		●			Social Group for Women	Beenleigh	73
		●			Coffee Group for Seniors	Greenbank	69
				●	You Matter Too	Eagleby	74



6 AM	9 AM	12 PM	3 PM	6 PM	ACTIVITY	SUBURB	PG
FRIDAY							
	●				Men's Sheds	Hillcrest	72
	●				Men's Sheds	Crestmead	72
	●				Men's Sheds	Beenleigh	72
	●				Men's Sheds	Munruben	72
	●				Men's Sheds	Logan Village	72
	●				Walk and Talk for Wellness	Priestdale	74
	●				Social Group for Men	Slacks Creek	73
SATURDAY							
	●				Men's Sheds	Crestmead	72

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

ONE OFF ACTIVITIES



2023							ACTIVITY	SUBURB	PG
JAN	FEB	MAR	APR	MAY	JUN				
		●				First Aid (Non-accredited)	Jimboomba	70	
					●	First Aid (Non-accredited)	Springwood	70	

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





Card Making



Come along to learn how to make a personalised card to gift to a friend or loved one.

Bookings are essential.

When	Where	Contact	Cost
Tuesdays 11:30 am to 1 pm (School terms only)	Kingston East Neighbourhood Centre 177 Meakin Road, Slacks Creek	Kingston East Neighbourhood Group Phone: 07 3808 1684 Email: admin@keng.org.au	\$3

Chatty Cafe



Are you a senior or a carer looking to connect? Join one of our Chatty Cafes and meet someone new, everyone is welcome!

When	Where	Contact	Cost
Wednesdays (Third of each month) 10 am to 11:30 am	Various cafes across Logan	Marcela Moreno Ramirez or Ranandy Stanley Email: mmorenoramirez@wellways.org or ranandystanley@logan.qld.gov.au Phone: 0478 409 514 or 07 3412 5983	Cup of tea or coffee

Coffee Group for Seniors



Join other seniors in the local area for friendship and a coffee. **Bookings are essential.**

When	Where	Contact	Cost
Thursdays 10 am to 11:30 am	Middle Green Middle Road Greenbank	Enriching Communities Phone: 0433 019 793 Booking link: eventbrite.com.au/d/australia--brisbane-city/enriching-communities-greenbank	Cup of tea or coffee



Computer Club (Adults and Seniors)



This adults 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
Mondays 9 am to 12 pm (School terms only)	Kingston East Neighbourhood Centre 177 Meakin Road, Slacks Creek	Kingston East Neighbourhood Group Phone: 07 3808 1684 Email: admin@keng.org.au	Free
Tuesdays 1 pm to 3:30 pm (School terms only)	Kingston East Neighbourhood Centre 177 Meakin Road, Slacks Creek	Kingston East Neighbourhood Group Phone: 07 3808 1684 Email: admin@keng.org.au	Free

Craft Group



Get together with like-minded locals to have a chat and do some crafting. Bring your favourite craft activity and have some fun. **Bookings are essential.**

When	Where	Contact	Cost
Tuesdays 9.30 am to 11 am (School terms only)	Kingston East Neighbourhood Centre 177 Meakin Road, Slacks Creek	Kingston East Neighbourhood Group Phone: 07 3808 1684 Email: admin@keng.org.au	\$2
Thursdays 9 am to 12 pm	Logan Central Community Hall 9/11 Jacaranda Avenue, Logan Central	Wendy Beresford Phone: 0422 854 630	\$5 (and \$5 yearly joining fee)

Family 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
Tuesdays (First and third of each month) 1 pm to 3 pm	Logan Village Museum River Street, Logan Village	Logan Village Museum Phone: 0418 738 468 Email: coralyn@planetozi.com.au	Free

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
Tuesday 14 March 2023 1 pm to 3 pm	Jimboomba Community Centre 18–22 Honora Street, Jimboomba	CK First Aid Phone: (03) 8595 0059 or 0439 365 963 Email: info@coolkidsfirstaid.com	\$5
Wednesday 14 June 2023 6:30 pm to 8:30 pm	Springwood Community Centre 55 Cinderella Drive, Springwood	CK First Aid Phone: (03) 8595 0059 or 0439 365 963 Email: info@coolkidsfirstaid.com	\$5

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
Tuesdays 9:30 am to 11:30 am	Logan West Community Hall Wineglass Drive, Hillcrest	Cath Davis Phone: 0408 846 574 Email: robvalturner2@bigpond.com	\$5

Healthy Aging Hub

Feel confident to manage your own health and wellbeing in the community as you age. Find help navigating health and support services. Topics of discussion can include diabetes and dementia awareness. You may also cover themes such as scam prevention and carer information. All sessions include morning tea.

When	Where	Contact	Cost
Wednesdays (First and third of each month) 10 am to 11 am	Ben Matthews Playground 47–55 Ellen Street, Logan Central	Amputees Queensland Phone: 07 3290 4293 Email: admin@afsg.org.au	Free



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.

Where	When	Contact	Cost
ACCESS Men's Shed – Multicultural Group Gould Adams Park, Kingston Road, Kingston	Tuesdays 3 pm to 5 pm (18 years and over)	ACCESS Men's Shed – Multicultural Group Phone: 07 3412 8222 or 0437 461 522	Free
Beenleigh District Men's Shed 36 Martens Street, Beenleigh	Mondays, Tuesdays, Thursdays and Fridays 8 am to 11:30 am (18 years and over)	Beenleigh District Men's Shed Phone: 0466 361 312	\$50 annual joining fee
Greenbank RSL Men's Shed 3/15 Corporate Place, Hillcrest	Mondays, Tuesdays, Wednesdays and Fridays 6:30 am to 12 pm (50 years and over)	Greenbank RSL Men's Shed Phone: 07 3806 6086	Free
Logan City Community Men's Shed 161B Magnesium Drive, Crestmead	Wednesdays to Saturdays 8 am to 2 pm (18 years and over)	Logan City Community Men's Shed Phone: 0483 223 204	\$50 annual joining fee
Logan Districts Men's Shed 23–33 Greenhill Road, Munruben	Mondays, Wednesdays and Fridays 8 am to 12 pm (18 years and over)	Logan Districts Mens Shed Phone: 0447 064 555	\$20 annual joining fee
Logan Village Men's Shed 23 Wharf Street, Logan Village	Mondays, Wednesdays and Fridays 8 am to 12 pm (18 years and over)	Logan Village Men's Shed Phone: 0402 897 900	\$2 or \$50 annual joining fee

My health for life



My health for life offers free health coaching to eligible participants. Learn practical tools to improve your wellbeing and enjoy a healthier life. You'll be supported by a qualified health professional and can take part either in group sessions or one-on-one phone or video calls. **Bookings are essential.**

Call 13 74 75 or visit: myhealthforlife.com.au to learn more.
(18 years and over)

Free

Social Group for Men



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

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

Social Group for Women



A safe space for women to socialise and meet new people.

When	Where	Contact	Cost
Tuesdays 10 am to 12 pm	Twin Rivers Centre 104 Riverhills Road, Eagleby	Twin Rivers Centre Phone: 07 3382 4000 Email: reception@twinrivers.org.au	Free
Thursdays Fortnightly 10 am to 12 pm	Beenleigh Neighbourhood Centre 10 James Street, Beenleigh	Linda Hannah Phone: 0414 436 209 Email: lindahannah678@hotmail.com	Gold coin donation





Volunteering – Logan Community Visitors



Community Visitors matches volunteers with older people in nursing homes who are, or may be at risk of being socially isolated. If you have a couple of hours to volunteer your time, you can greatly contribute to an older persons' happiness. If you would like to get involved, or know an older person who would benefit, please be in touch!

When	Where	Contact	Cost
Any day or time	Various aged care facilities across Logan	Sam Prior Phone: 07 3290 0088 or 0409 901 148 Email: sam@logancvs.org.au	Free

Walk and Talk for Wellness



Walk and Talk for Wellness is about connecting with others, the world around us and being heard. Go for a walk and a chat with a trained facilitator with specialised skills in counselling. You can set the pace and what you'd like to talk about. **Bookings are essential.**

When	Where	Contact	Cost
Fridays 9 am to 10 am	Underwood Park Underwood Road, Priestdale	Walk and Talk for Wellness Phone: 0448 575 548 Email: walkandtalk@griffith.edu.au Website: walkandtalkforwellness.com	\$5

You Matter Too



A safe and supportive space for those impacted by a loved one affected by drugs or alcohol use.

When	Where	Contact	Cost
Thursdays (First of each month) 6 pm to 8 pm	Twin Rivers Centre 104 Riverhills Road, Eagleby	Twin Rivers Centre Phone: 07 3382 4000 Email: annelise@twinrivers.org.au	Free



 **CHILDREN AND FAMILY ACTIVITIES**

are a great way to learn new skills and stay healthy. These activities are educational, health-focused and fun.

 **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 people who love to be active. Get your heart pumping and have fun.

 **ENVIRONMENTAL ACTIVITIES**

give you the chance to get up close with nature and to get your hands dirty. Spending time outside is great for your physical and mental health.

 **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.

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

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
or take our online survey:**



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 January 2022.



logan.qld.gov.au/healthy

