

# Active Logan

Citywide program  
5 October - 11 December 2009

## Activate your life!

No bookings  
required!

Low-cost programs in Logan for all abilities and fitness levels.

**AQUA AEROBICS** Take part in a fun aerobics class in the water, a fantastic way to exercise. Cost \$2.

When	Where
Mondays 8 am - 9 am	<b>Beenleigh</b> - Beenleigh Swimming Pool, City Road
Wednesdays 1 pm - 2 pm	<b>Kingston</b> - Gould Adams Park Aquatic Centre, 558 Kingston Road
Wednesdays 1.45 pm - 2.45 pm	<b>Underwood</b> - Springwood Aquatic Centre, Sports Drive

**PARENTS 'N BUBS FUN** For children aged two to five years and their parents/carers. Cost \$1.

When	Where
Tuesdays 11.00 am - 11.45 am	<b>Springwood</b> - Springwood Park, Cinderella Drive
Thursdays 9.15 am - 10.00 am	<b>Browns Plains</b> - Forestglen Park, Parkland Avenue, Browns Plains
Thursdays 10.30 am - 11.15 am	<b>Crestmead</b> - Crestmead Park, Gimlet Street
Thursdays 11.45 am - 12.30 pm	<b>Loganholme</b> - Alexander Clark Park, Dewar Drive
Fridays 10.00 am - 10.45 am	<b>Logan Village</b> - Logan Village Green, Wharf Street

**SENIOR STRENGTH** Join this fun, motivating, friendly group training session for over 50s. Cost \$2.

When	Where
Mondays 10.45 am - 11.45 am	<b>Logan Village</b> - Logan Village Community Centre, Wharf Street
Mondays 12.30 pm - 1.30 pm	<b>Hillcrest</b> - Logan West Community Centre, 2 Wineglass Drive
Tuesdays 1.30 pm - 2.30 pm	<b>Rosedale South</b> - Nerida Street Community Centre, 19 Nerida Street
Thursdays 10 am - 11 am	<b>Eagleby</b> - Eagleby Community Hall, 94 Fryar Road

**TAI CHI** Take part in a tai chi group session which is great for your body and mind. Cost \$3.

When	Where
Mondays 7.15 am - 8 am	<b>Jimboomba</b> - Rotary Park, Johanna Street
Tuesdays 7 am - 7.45 am	<b>Logan Central</b> - Logan Gardens, Civic Parade

**TOTAL BODY WORKOUT** Enjoy fun, non-intimidating training that will improve your fitness. Cost \$3.

When	Where
Mondays 5.45 pm - 6.45 pm	<b>Crestmead</b> - Crestmead Park, Royena Court
Tuesdays 5.45 pm - 6.45 pm	<b>Mt Warren Park</b> - Noyer Park, Beenleigh Beaudesert Road
Tuesdays 5.45 pm - 6.45 pm	<b>Shailer Park</b> - Homestead Park, Jodie Street
Wednesdays 5.45 pm - 6.45 pm	<b>Underwood</b> - Charles Barton Park, Caloma Street
Thursdays 5.45 pm - 6.45 pm	<b>Browns Plains</b> - Forestglen Park, Parkland Avenue

**YOGA** A gentle yoga class suitable for all ages and levels of flexibility. Cost \$2.

When	Where
Tuesdays 2.15 pm - 3 pm	<b>Bethania</b> - Bethania Community Centre, Station Road

For more information please phone Logan City Council  
on 3412 3412 or visit [www.logan.qld.gov.au](http://www.logan.qld.gov.au)

