



Active Logan

Activate your life!

23 JANUARY TO 1 APRIL 2012

Discover low-cost activities across Logan in a fun, relaxed atmosphere.



Phone **3412 3412**

Email **activelogan@logan.qld.gov.au**

www.logan.qld.gov.au/activelogan

CITY OF OPPORTUNITIES
FOR FAMILIES, LIFESTYLE AND BUSINESS



AQUA AEROBICS

\$3

Take part in a fun aerobics class in the water. Anyone can do aqua aerobics, regardless of fitness levels or age.

Where	When	Contact
Beenleigh - aqualogan Beenleigh Aquatic Centre, City Rd	Mondays 8 am - 9 am	aqualogan Beenleigh Aquatic Centre 3287 2163
Bethania - aqualogan Bethania Aquatic Centre, 88 Station Rd	Wednesdays 8 am - 9 am	aqualogan Bethania Aquatic Centre 3805 6032
Kingston - Gould Adams Park Aquatic Centre, 558 Kingston Rd	Wednesdays 1 pm - 2 pm	Gould Adams Park Aquatic Centre 3290 2725
Eagleby - aqualogan Eagleby Aquatic Centre, Cowper Ave	Saturdays 9 am - 10 am	aqualogan Eagleby Aquatic Centre 3120 1620



FITNESS FAST-TRACK

\$3

Looking to get back into shape? Join this fitness fast-track session to help shed those extra kilos and increase your fitness levels ASAP.

Where	When	Contact
Waterford West - Tygum Lagoon Park, Tygum Rd	Sundays 9 am - 10 am	Ripple Fitness 0413 649 079



YOGA

\$3

Yoga helps create balance in the body by developing strength and flexibility. This gentle yoga class will help de-stress and enhance your sense of wellbeing. Please bring pilates/yoga mat or towel.

Where

When

Contact

Kingston -

Yugambeh Dreaming
Community Centre,
Gould Adams Park,
558-662 Kingston Rd

Mondays
6.30 pm - 7.30 pm

Louise King
0432 732 001

Beenleigh -

St Joseph's School Hall,
Kokoda St

Thursdays
7 pm - 8 pm

Janeen Davidson
3801 8660



PILATES IN THE PARK

\$3

Suitable for all ages and abilities. Increase your level of flexibility and build core strength while toning and strengthening muscles and enhancing your overall wellbeing. Please bring pilates/yoga mat or towel.

Where

When

Contact

Browns Plains - Billabong
Outlook Precinct, Berrinba
Wetlands, Wayne Goss Dr

Tuesdays
11 am -
noon

Enhance Your Life PT
0415 753 930



GENTLE FITNESS WORKOUT

\$3

Join this fun, friendly and light group training session designed for people who enjoy low intensity activities.

Where

Logan Village - Logan
Village Community Centre,
Wharf St

When

Mondays
9.30 am -
10.30 am

Contact

Weight Loss
through Fitness
0412 140 034

Rochedale South - Nerida
Street Community Centre,
19 Nerida St

Tuesdays
1.30 pm -
2.30 pm

Weight Loss
through Fitness
0412 140 034

Eagleby - Eagleby
Community Hall,
94 Fryar Rd

Thursdays
9 am - 10 am

Weight Loss
through Fitness
0412 140 034



SPIN CYCLE CLASS

\$3

This indoor cycling training session is tailored to a wide range of abilities and fitness levels. A great calorie-burning workout that is low-impact, you'll leave feeling energised and wanting more!

Where

Crestmead -
inSports Logan Metro,
357 Browns Plains Rd

When

Saturdays
9.15 am - 10.15 am

Contact

inSports Logan
Metro 3089 5500

Underwood

Springwood Gym,
2 Sports Dr

When

Tuesdays
10.30 am - 11.30 am

Contact

inSports
Springwood Gym
3120 1655



ACTIVE LOGAN BOOTCAMPS

\$3

This military-inspired training program aims to increase core strength, stability and cardiovascular fitness and tone and tighten the body.

Where

When

Contact

Hillcrest - Logan West
Community Centre Park,
2 Wineglass Dr

Wednesdays
6 pm - 7 pm

Ripple Fitness
0413 649 079

Loganholme - Alexander
Clark Park, Dewar Dr

Saturdays
7 am - 8 am

Ripple Fitness
0413 649 079

Crestmead - inSports
Logan Metro, 357 Browns
Plains Rd

Thursdays
6 pm - 7 pm

inSports Logan
Metro 3089 5500



PARENTS AND BUBS PLAYTIME

\$3

Take part in this fun playtime session designed for children aged 2-5 years and their parents/carer. This stimulating session provides endless movement opportunities for each child to play and learn.

Where

When

Contact

Jimboomba -
Caddies Community
Care Centre, 19 - 33
South St

Wednesdays
9.30 am - 10.30 am

Caddies
Community Care
Centre
5547 8077



ULTIMATE DANCE WORKOUT

\$3

This ultimate dance workout combines dance, resistance training, pilates, yoga and kickboxing set to the latest pop, jazz, hip-hop and rock music.

Where

Logan Central - Logan
Central Community Centre,
Jacaranda Ave

When

Mondays
5.30 pm - 6.30 pm

Contact

Jazzercise
Queensland
0432 244 955

Chambers Flat -

Chambers Flat/Logan
Reserve Community
Centre, 49 - 65 Kenny Rd

Thursdays
5.30 pm - 6.30 pm

Jazzercise
Queensland
0432 244 955



BOXFIT

\$3

Boxfit provides an effective full body workout in a fun and safe environment for all ages and abilities. Increase your muscle tone, lower body fat, improve reflexes and upper body strength.

Where

Crestmead -
Crestmead PCYC,
Gimlet St

When

Fridays
5.30 pm -
6.30 pm

Contact

Crestmead PCYC
3805 4100

Flagstone - Foxy's Gym,
Flagstone Community
College, Poinciana Dr

Fridays
6.30 pm -
7.30 pm

Logan City PCYC
3442 1700



ZUMBA®

\$3

Zumba® features exotic rhythms and dance moves set to high energy latin and international beats. The movements are easy to follow and you can work it at your own fitness level. It's exercise in disguise!

Where

Greenbank -
Greenbank State School
Hall, 24-36 Goodna Rd

When

Wednesdays
7.15 pm - 8.15 pm

Contact

Sophie Nicaisse
Zest for
Life Zumba
0404 852 218

Springwood -

Slacks Creek Progress
Hall, 6-8 Hall Rd

Thursdays
5.30 pm - 6.15 pm

Chadissa
Whale
0449 898 622



ZUMBA® GOLD

\$3

The same great Zumba® moves, but targeted to suit active older participants and those just starting their journey to a fit and healthy lifestyle.

Where

Eagleby - Eagleby
Community Hall,
94 Fryar Rd

When

Wednesdays
9.30 am - 10.30 am

Contact

Maritza Soldan
0413 398 622

Logan Central - Logan
Central Community
Centre, Jacaranda Ave

Fridays
9.30 am - 10.15 am

Maritza Soldan
0413 398 622



GYM IN THE PARK

\$3

A fun fitness session that makes use of the exciting fitness equipment in Council's parks with the opportunity to continue using the equipment for free after the session.

Where

When

Contact

Jimboomba -

Jimboomba Park, South St

Wednesdays

6 pm - 7 pm

inSports Logan Metro

3089 5500

Mt Warren Park -

Mt Warren Oval,
30 Yvonne Cres

Tuesdays

6 pm - 7 pm

inSports Logan Metro

3089 5500

Meadowbrook -

Riverdale Park,
Armstrong Rd

Saturdays

9.30 am
-10.30 am

inSports Logan Metro

3089 5500



GYM IN THE PARK - MUMS & BUBS

\$3

A fun fitness session that makes use of the exciting fitness equipment in Council's parks with the opportunity to continue using the equipment for free after the session.

Where

When

Contact

Beenleigh - Logan River

Parklands, Blackbird St

Mondays

9 am - 10 am

inSports Logan Metro

3089 5500



FITBALL FUN

\$3

Forget boring sit-ups! Fitball Fun is a unique workout that offers toning, strength building and core stability using a fitball.

Where

Browns Plains -
Unit 10/77 Eastern Rd

When

Mondays
9 am - 10 am

Contact

Logan Women's
Health and
Wellbeing Centre
3808 9233

Kingston - Logan
Women's Health and
Wellbeing Centre, 1 Mary St
(*Women-only session*)

Mondays
1.30 pm -
2.30 pm
Fridays
9 am - 10 am

Logan Women's
Health and
Wellbeing Centre
3808 9233



TAI CHI

\$3

Take part in a tai chi group session which is great for your body and mind. Tune in your mind, body and spirit with this ancient Chinese health exercise. Tai chi will help you relax and better deal with life's stresses.

Where

Meadowbrook -
Riverdale Park,
Armstrong Dr

When

Tuesdays
2 pm - 2.45 pm

Contact

Enhance Your Life PT
0415 753 930

Jimboomba - Rotary
Park, Cusack Ln

Thursdays 7.30 am
- 8.15 am

Enhance Your Life PT
0415 753 930



PERSONAL TRAINING FITNESS SESSION

\$3

This group personal training and fitness session is suitable for all and aims to improve fitness, strength and flexibility in a fun environment.

Where	When	Contact
Mt Warren Park - Noyer Park, Beenleigh-Beaudesert Rd	Mondays 6 pm - 7 pm	Enhance Your Life PT 0415 753 930
Shailer Park - Homestead Park, Jodie St	Tuesdays 6 pm - 7 pm	Enhance Your Life PT 0415 753 930
Springwood - Springwood Park, Cinderella Dr	Wednesdays 6 pm - 7 pm	Enhance Your Life PT 0415 753 930
Regents Park - Regents Park, Bennett Dr	Thursdays 6 pm - 7 pm	Enhance Your Life PT 0415 753 930



AEROBICS 4 ALL

\$3

Join this fun, motivating and friendly group aerobics session designed for everyone's fitness needs. This class will help improve your posture, mobility, flexibility and strength.

Where	When	Contact
Logan Village - Logan Village Community Centre, Wharf Street	Mondays 10.30 am - 11.30 am	Weight Loss through Fitness 0412 140 034



WATER AWARENESS AND SAFETY PROGRAM



Basic water awareness skills and safety strategies for Logan residents aged 18 years and over.

Classes aim to enable participants to feel more comfortable around water areas and also enjoy Logan's aquatic centres and waterways.

Cost: \$3

Session times

aqualogan Bethania Aquatic Centre

Tuesdays 9 am - 10 am

aqualogan Springwood Aquatic Centre

Fridays 9 am - 10 am

Sessions running from
23 January to 1 April 2012.

aqualogan aquatic centres

email: aqualogan@logan.qld.gov.au

BEENLEIGH AQUATIC CENTRE

City Rd, Beenleigh
Ph: (07) 3287 2163

BETHANIA AQUATIC CENTRE

88-118 Station Rd, Bethania
Ph: (07) 3805 6032

EAGLEBY AQUATIC CENTRE

Cowper Ave, Eagleby
Ph: (07) 3287 1247

SPRINGWOOD AQUATIC CENTRE

2 Sports Dr, Underwood
Ph: (07) 3120 1600

OUTDOOR WALKING GROUPS

Group	Contact	Walk details	Meeting place
Daisy Hill 1	0408 181 050	Monday to Friday 3.30 pm	Various locations
Daisy Hill 2	3208 1750	Monday, Wednesday, Friday 6 am	St Edwards Church, Chatswood Rd
Heart Starters (Shailer Park)	0403 702 752	Thursday 6.30 am	Oak Tree Park (Lyndale St, Shailer Park)
Loganlea Walkers and Proud of it	0412 954 233	Monday and Friday	Various locations
Rochedale Go-Getters	0422 445 130	Monday and Thursday 4.30 pm	Underwood Park gazebo
Rochedale South Tagalong Walkers	3341 5813	Monday to Friday 6.30 am sharp	Underwood Park
"MamaFit" Mums & Bubs Walk Group	0422 235 457	Tuesday 9.30 am	Berrinba Wetlands picnic table area, Wayne Goss Dr, Browns Plains

BUSHWALKING GROUPS

Group	Contact	Walk details	Meeting place
Logan and Beaudesert Bushwalkers	3208 6420	Group meets most Saturdays and Sundays.	Various locations

First two bushwalks are free then a small membership fee applies. Contact 3208 6420 or go to www.bushwalkers.com for more information.