

# Active & Healthy

July – December 2026



Free and low-cost health and  
wellbeing activities in Logan



# Fitness



16

Outdoor gyms

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# Health and wellbeing



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Off-leash dog parks in Logan

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# Sport, recreation and outdoors



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# Stretch and move



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## Dear Active & Healthy participants,

Looking after your health has never been more important. Staying active can help reduce stress, improve sleep and support your overall wellbeing.

Our Active & Healthy program offers a wide variety of free and low-cost activities, making it easy to find something that works for you.

You can explore activities across four areas:

- > Fitness
- > Health and wellbeing
- > Sport, recreation and outdoors
- > Stretch and move

Whether you're looking to try something new or enjoy a familiar favourite, there are plenty of options to suit your interests, lifestyle and fitness level. From swimming and dancing to

cooking, stretching or running, you can choose what feels right for you.

To help keep everyone safe, please follow the advice of health authorities and your activity provider.

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

For more ways to stay active and connected, subscribe at [logan.qld.gov.au/subscribe-healthy](https://logan.qld.gov.au/subscribe-healthy)

We hope you enjoy exploring what's on offer and finding activities you love.

*The Active & 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.

## Help us improve our program

Have you participated in an Active & Healthy activity? Take our survey and help us make our program even better. By sharing your feedback, you'll enter our prize pack draw and have your chance to **win a Garmin watch**. Take our survey now by visiting [lccqld.com/AH-HYS](https://lccqld.com/AH-HYS) or scan the QR code.

Competition terms and conditions are available on the survey page.



# Things you need to know

## Before you take part

- > Activities run from **1 July 2026 to 30 June 2027**, unless stated otherwise.
- > Activities do not run on public holidays.
- > For bookings or questions, contact the activity provider.
- > If the weather looks uncertain, check with your provider before attending.
- > Stay up to date with any changes at [logan.qld.gov.au/healthy](http://logan.qld.gov.au/healthy)

## How to book

- > Bookings are required for all activities.
- > Visit [logan-events.bookable.net.au](http://logan-events.bookable.net.au) to view activities and follow the booking instructions.
- > Booking steps may vary depending on the activity provider.
- > For help, contact the activity provider directly.



# Find an activity that suits you

## Program categories:

**Fitness activities** are to get your heart pumping, strengthen your muscles and have fun — pg 16.

**Health and wellbeing activities** help you to learn more about your body and mind and give you the skills to look after yourself and others around you. Learn how to feel happy, healthy, connected and purposeful — pg 32.

**Sport, recreation and outdoor activities** are for people who love to try something new, get adventurous and enjoy being active. Trying new things and spending time outside is great for your physical and mental health — pg 46.

**Stretch and move classes** give you the opportunity to get your body moving in any way you can. Improve your health and fitness without breaking a sweat — pg 66.

## Activity symbols:

- ⬇ — Indicates classes which are **low-intensity** and give you the opportunity to get your body moving.
- 😊 — Indicates activities suitable for **children or for families** to enjoy together.
- Y — Indicates activities suitable for **young people** aged 12 to 25.
- S — Indicates activities suitable for **older adults** to enjoy.
- i — Indicates activities which show you how to create a variety of meals, learn tips and tricks as well as **nutrition information**.
- ★ — Indicates that an activity is only promoted and **not funded** by Active & Healthy.

## Activities by day

<b>Monday</b>			
<b>TIME</b>	<b>ACTIVITY</b>	<b>SUBURB</b>	<b>PAGE</b>
6 am	Walking Groups	Priestdale	65
7 am	Men's Sheds	Hillcrest	39
	Pilates (Mat)	Underwood	71
	Walking Groups	Logan Central	65
8 am	Aqua Aerobics	Beenleigh	17
	FREE Type 2 Diabetes Prevention Program	Meadowbrook	35
	FREE Type 2 Diabetes Program	Meadowbrook	35
	Men's Sheds	Beenleigh	39
	Men's Sheds	Logan Village	39
	Men's Sheds	North MacLean	39
	Tai Chi	Regents Park	74
Walking Football	Greenbank	63	
8:30 am	Pickleball	Mount Warren Park	55
8:50 am	Dance (Tiny Tots)	Rochedale South	53
9 am	Balance and Falls Prevention	Crestmead	67
	Croquet	Eagleby	49
	Tai Chi	Regents Park	74
9:30 am	Gentle Circuit	Springwood	23
	Yoga (Gentle)	Underwood	76
	DanceFIT Gentle	Beenleigh	21
10 am	Cancer Care Yoga	Loganlea	67
	Playgroup	Woodridge	41
	Tai Chi	Logan Central	74
10:30 am	Chair Exercise	Slacks Creek	21
	Gentle Exercise	Mount Warren Park	24
	Pilates (Mat)	Crestmead	71
10:45 am	Yoga (Chair)	Underwood	75

## Monday

TIME	ACTIVITY	SUBURB	PAGE
11:30 am	Chair Aerobics	Kingston	20
	Gentle Exercise	Underwood	24
	Yoga (Chair)	Loganholme	75
3:30 pm	Walking Groups	Daisy Hill	65
5 pm	Run Group	Berrinba	56
	Tennis	Daisy Hill	62
5:10 pm	Pilates (Mat, Child Friendly)	Underwood	72
5:30 pm	Dance (No Lights No Lycra)	Kingston	53
	Pilates	Mount Warren Park	70
6 pm	Bootcamp for Families	Waterford West	19
	Dance (Line Dancing)	Yarrabilba	52
	Yoga (Gentle)	Logan Central	76
	Zumba Gold	Springwood	29
6:30 pm	Pickleball	Regents Park	55
	Step Class	Slacks Creek	28

## Tuesday

TIME	ACTIVITY	SUBURB	PAGE
6 am	Walking Groups	Priestdale	65
6:15 am	Gentle Movement	Logan Central	25
7 am	Walking Groups	Logan Central	65
	Men's Sheds	Hillcrest	39
8 am	FREE Type 2 Diabetes Prevention Program	Meadowbrook	35
	FREE Type 2 Diabetes Program	Meadowbrook	35
	Men's Sheds	Beenleigh	39
8:15 am	Fit Over-50's	Rochedale South	22
8:30 am	Seniors Functional Fitness	Bethania	28

## Tuesday

TIME	ACTIVITY	SUBURB	PAGE
9 am	Independent Movement — Lower Body Exercise Class	Crestmead	68
	Social Group for Men	Eagleby	42
	Women's Shed	Logan Village	43
9:30 am	Adaptive Aqua Adventure	Carbrook	47
	Aqua Aerobics	Underwood	17
	Hello Baby	Slacks Creek	37
	Thunder Tots	Shailer Park	62
	Yoga (Over 50's)	Beenleigh	76
10 am	CANmove	Waterford West	20
	Mums and Bubs Pilates	Loganholme	69
	Social Group for Women	Eagleby	42
10:15 am	Pilates (Mat, Child Friendly)	Underwood	72
10:30 am	Gentle Exercise	Crestmead	24
	DanceFIT Gentle	Mount Warren Park	21
11:30 am	Move More	Underwood	26
	Pilates (Chair)	Loganholme	70
12 pm	Adult and Seniors Cooking Club	Slacks Creek	33
12:45 pm	Hydrotherapy	Kingston	37
1 pm	Family History	Logan Village	34
	Yoga (Chair)	Jimboomba	75
1:30 pm	Boost Your Fitness	Logan Village	18
	Soccer for Kids	Priestdale	56
2:05 pm	Soccer for Kids	Priestdale	56
3 pm	Qi Gong (Chinese Yoga)	Hillcrest	72
3:30 pm	Walking Groups	Daisy Hill	65
3:40 pm	Bootcamp for Families	Slacks Creek	19
4:30 pm	Yoga (Mindful Movement)	Beenleigh	76
4:45 pm	Run Group	Berrinba	56

## Tuesday

TIME	ACTIVITY	SUBURB	PAGE
5 pm	Kick-start Your Fitness	Eagleby	25
5:30 pm	Sunset Yoga	Greenbank	73
6 pm	Yoga	Mount Warren Park	75
7 pm	Dance (Adults Ballet)	Rochedale South	49

## Wednesday

TIME	ACTIVITY	SUBURB	PAGE
5 am	Run Group	Berrinba	56
6 am	Walking Groups	Priestdale	65
7 am	Walking Groups	Logan Central	65
	Men's Sheds	Hillcrest	39
8 am	Aqua Aerobics	Bethania	17
	FREE Type 2 Diabetes Prevention Program	Meadowbrook	35
	FREE Type 2 Diabetes Program	Meadowbrook	35
	Men's Sheds	Crestmead	39
	Men's Sheds	Logan Village	39
	Men's Sheds	North Maclean	39
	Men's Sheds	Park Ridge	39
	Walking Football	Greenbank	63
8:30 am	Golf — Skills & Social for Women	Windaroo	54
	Pickleball	Mount Warren Park	55
8:40 am	Mum and Kid Fitness	Yarrabilba	27
9 am	Pilates	Crestmead	70
	Playgroup	Greenbank	41
	Yoga (Gentle)	Marsden	76
9:30 am	Cardio Barre	Underwood	67
	Dance (Bellydance)	Slacks Creek	52
	Qigong and Taiji	Waterford West	73
	DanceFIT Gentle	Beenleigh	21

## Wednesday

TIME	ACTIVITY	SUBURB	PAGE
10 am	Healthy Ageing Hub	Logan Central	36
	Messy Wednesdays	Woodridge	40
10:30 am	Chair Exercise	Slacks Creek	21
	Gentle Exercise	Mount Warren Park	24
	Zumba Gold	Crestmead	29
11:15 am	Fitter for Life (Gymnastics)	Beenleigh	23
12 pm	Lunchtime Yoga for Workers	Underwood	68
1 pm	Aqua Aerobics	Kingston	17
1:30 pm	Soccer for Kids	Meadowbrook	56
2:05 pm	Soccer for Kids	Meadowbrook	56
3:30 pm	Walking Groups	Daisy Hill	65
4:45 pm	Run Group	Berrinba	56
5:30 pm	Midweek Men's Circle	Slacks Creek	40
	Women's Mental Health and Relationship Wellbeing	Yarrabilba	43
6 pm	Badminton (Social)	Crestmead	47
	Outdoor Group Fitness Class	Waterford	27
	Pole Fitness — Beginner	Hillcrest	27
	Zumba Toning	Springwood	29
6:30 pm	Pickleball	Regents Park	55
6:45 pm	Dance (Jazz)	Berrinba	52
7:30 pm	Dance (Tap)	Berrinba	53

## Thursday

TIME	ACTIVITY	SUBURB	PAGE
6 am	Walking Groups	Priestdale	65
7 am	Walking Groups	Logan Central	65
7:30 am	Walking Groups	Loganholme	65
7:45 am	Tai Chi	Greenbank	74

## Thursday

TIME	ACTIVITY	SUBURB	PAGE
8 am	Aqua Aerobics	Hillcrest	17
	FREE Type 2 Diabetes Prevention Program	Meadowbrook	35
	FREE Type 2 Diabetes Program	Meadowbrook	35
	Men's Sheds	Beenleigh	39
	Men's Sheds	Crestmead	39
	Men's Sheds	Park Ridge	39
8:15 am	Fit Over-50's	Rochedale South	22
8:30 am	Seniors Functional Fitness	Bethania	28
9 am	Women's Shed	Logan Village	43
9:30 am	Fun and Fit Over 50	Logan Central	36
	Tai Chi	Jimboomba	74
	DanceFIT Gentle	Chambers Flat	21
10 am	Coffee Group for Seniors	Greenbank	33
	Mums and Bubs Yoga	Loganholme	69
10:30 am	Dance (Line Dancing)	Kingston	52
	Gentle Exercise	Underwood	24
	Yoga	Mount Warren Park	75
10:45 am	Fun and Fit Over 50	Logan Central	36
11:30 am	Chair Aerobics	Kingston	20
	Pilates (Parkinson's and MS)	Loganholme	72
12 pm	Swimming for Adults — 6 Weeks	Kingston	61
1:30 pm	Soccer for Kids	Jimboomba	56
2 pm	Relaxing Creative Class	Loganlea	42
2:05 pm	Soccer for Kids	Jimboomba	56
3:30 pm	Basketball — Beginner Skills Program	Shailer Park	48
4:45 pm	Run Group	Berrinba	56
5:30 pm	Bootcamp	Crestmead	19
6 pm	Group Fitness	Greenbank	25
	Family Drug Support	Eagleby	34

## Thursday

<b>TIME</b>	<b>ACTIVITY</b>	<b>SUBURB</b>	<b>PAGE</b>
6:45 pm	Pilates	Underwood	70
7 pm	Yin Yoga & Soundbath	Shailer Park	74

## Friday

<b>TIME</b>	<b>ACTIVITY</b>	<b>SUBURB</b>	<b>PAGE</b>
5 am	Run Group	Berrinba	56
6 am	Walking Groups	Priestdale	65
7 am	Men's Sheds	Hillcrest	39
	Walking Groups	Logan Central	65
8 am	Aqua Aerobics	Eagleby	17
	FREE Type 2 Diabetes Prevention Program	Meadowbrook	35
	FREE Type 2 Diabetes Program	Meadowbrook	35
	Men's Sheds	Beenleigh	39
	Men's Sheds	Crestmead	39
	Men's Sheds	Logan Village	39
	Men's Sheds	North MacLean	39
	Tai Chi	Logan Village	74
	Walking Football	Greenbank	63
8:30 am	Walking Group for Parents and Caregivers	Shailer Park	43
9 am	Gentle Circuit	Crestmead	23
9:30 am	Dance (Bellydance)	Loganlea	52
	DanceFIT Gentle	Logan Central	21
	Play Your Way Around the World	Woodridge	41
10:30 am	Gentle Exercise	Mount Warren Park	24
10:45 am	Move More	Crestmead	26
11 am	Keep Healthy	Logan Central	38
11:10 am	Pilates (Chair)	Underwood	70

## Friday

TIME	ACTIVITY	SUBURB	PAGE
12 pm	CANmove	Waterford West	20
	Exercise for Parkinson's	Underwood	22
	Lung Power	Crestmead	25
	Swimming for Adults — 6 Weeks	Hillcrest	61
1:30 pm	Boost Your Fitness	Logan Village	18
	Exercise for Parkinson's	Crestmead	21
5:15 pm	Extreme Hip Hop Step	Crestmead	22
6:45 pm	Relax and Meditate	Bethania	73
7 pm	Laughter Club	Beenleigh	68

## Saturday

TIME	ACTIVITY	SUBURB	PAGE
7 am	Bootcamp for Families	Waterford West	19
	Parkrun	Berrinba	55
	Parkrun	Yarrabilba	55
	Parkrun	Beenleigh	55
	Parkrun	Meadowbrook	55
	Parkrun	Greenbank	55
	Parkrun	Priestdale	55
8 am	Badminton (Social)	Logan Central	47
	Boxing Bootcamp	Slacks Creek	19
	Men's Sheds	Crestmead	39
8:15 am	Zen	Underwood	77
9 am	Bushwalking	Springwood	48
	Survival in the Bush	Daisy Hill	57
9:30 am	Dads Time	Slacks Creek	34
	Introduction to Martial Arts	Daisy Hill	53
10 am	Women's Shed	Logan Village	43

## Saturday

TIME	ACTIVITY	SUBURB	PAGE
12 pm	Swimming for Adults — 6 weeks	Kingston	61
	Zumba	Greenbank	28
12:30 pm	Bushwalking	Springwood	48
	Camping Skills	Marsden	49
	Swimming and Water Safety for Kids — Little Lifeguards	Kingston	60

## Sunday

TIME	ACTIVITY	SUBURB	PAGE
7 am	Meditation	Priestdale	38
	Walking Groups	Crestmead	65
8:30 am	Golf — Skills & Social for Women	Windaroo	54
	Pickleball	Waterford	55
9 am	Native Plant Gardening	Yarrabilba	54
	Yoga (Warm Yin)	Underwood	77
9:30 am	Zumba	Logan Central	28
10 am	Meditation Workshop	Greenbank	38















# Fitness







## Aqua Aerobics

Low impact water-based group fitness activity that will assist with a healthy lifestyle. Please bring a towel, swimwear, change of clothes and sunscreen. **Ages 14+.**

	WHEN	WHERE	CONTACT	COST
<b>MONDAY</b>	<b>8 am to 8:45 am</b> (School terms only)	<b>Beenleigh Aquatic Centre</b> City Rd, Beenleigh	<b>City Venue Management</b>  07 2803 4100  beenleigh@cityaquatics.com.au	<b>\$5</b>
<b>TUESDAY</b>	<b>9:30 am to 10:15 am</b> (School terms only)	<b>Logan North Aquatic Centre</b> 2 Sports Dr, Underwood	<b>City Venue Management</b>  07 3541 6150  logannorth@cityaquatics.com.au	<b>\$5</b>
<b>WEDNESDAY</b>	<b>8 am to 8:45 am</b> 7 Oct to 9 Dec 2026 (School terms only)	<b>Bethania Aquatic Centre</b> 88–118 Station Rd, Bethania	<b>City Venue Management</b>  07 2800 6797  bethania@cityaquatics.com.au	<b>\$5</b>
	<b>1 pm to 1:45 pm</b> (School terms only)	<b>Gould Adams Park Aquatic Centre</b> 558 Kingston Rd, Kingston	<b>City Venue Management</b>  07 3462 0269  kingston@cityaquatics.com.au	<b>\$5</b>
<b>THURSDAY</b>	<b>8 am to 8:45 am</b> (School terms only)	<b>Logan West Aquatic Centre and Health Club</b> 29 Wineglass Dr, Hillcrest	<b>City Venue Management</b>  07 3462 0290  loganwest@cityaquatics.com.au	<b>\$5</b>
<b>FRIDAY</b>	<b>8 am to 8:45 am</b> 9 Oct to 11 Dec 2026 (School terms only)	<b>Eagleby Aquatic Centre</b> 16 Cowper Ave, Eagleby	<b>City Venue Management</b>  07 2800 6798  eagleby@cityaquatics.com.au	<b>\$5</b>

## Boost Your Fitness

A gentle group class to support your health and fitness, run by an exercise physiologist or physiotherapist. Includes tailored exercises and weekly health tips. Please bring a towel, water bottle and wear enclosed shoes. **Ages 50+.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	1:30 pm to 2:30 pm	Complete Allied Health Care 131 Albert St, Logan Village	Complete Allied Health Care  07 5515 5678  loganvillage@completeahc.com.au	\$5
FRIDAY	1:30 pm to 2:30 pm	Complete Allied Health Care 131 Albert St, Logan Village	Complete Allied Health Care  07 5515 5678  loganvillage@completeahc.com.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. Please bring a water bottle and towel. **Ages 14+.**

	WHEN	WHERE	CONTACT	COST
<b>THURSDAY</b>	<b>5:30 pm to 6:30 pm</b>	<b>Logan Metro Fitness Centre</b> 357 Browns Plains Rd, Crestmead	<b>Logan Leisure Centres</b> ☎ 07 3081 6622 ✉ leisurecentres@logan.qld.gov.au	<b>\$5</b>

## Bootcamp for Families 😊

A group training session designed to make health and fitness fun for families. Please bring a water bottle and towel. **All ages.**

	WHEN	WHERE	CONTACT	COST
<b>MONDAY</b>	<b>6 pm to 7 pm</b>	<b>Marsden State High School</b> 106–130 Muchow Rd, Waterford West	<b>SilverBackZ Association</b> ☎ 0410 848 345 ✉ info@silverbackz.com.au	<b>\$2</b> (free for U12's)
<b>TUESDAY</b>	<b>3:40 pm to 4:25 pm</b> (School terms only)	<b>PHIITKID Fitness</b> Unit 1/9 Cronulla Ct, Slacks Creek	<b>PHIITKID Fitness Management</b> ☎ 0431 632 130 ✉ phiitkidfitness@gmail.com	<b>Free</b>
<b>SATURDAY</b>	<b>7 am to 8 am</b>	<b>Marsden State High School</b> 106–130 Muchow Rd, Waterford West	<b>SilverBackZ Association</b> ☎ 0410 848 345 ✉ info@silverbackz.com.au	<b>\$2</b> (free for U12's)

## Boxing Bootcamp

Stay active through boxing bootcamp, mixed with various cardio and strength training to help with coordination and body awareness. Boost your confidence and have fun! Please bring a water bottle and towel. **Ages 16+.**

	WHEN	WHERE	CONTACT	COST
<b>SATURDAY</b>	<b>8 am to 9 am</b> (School terms only)	<b>PHIITKID Fitness</b> Unit 1/9 Cronulla Ct, Slacks Creek	<b>PHIITKID Fitness Management</b> ☎ 0431 632 130 ✉ phiitkidfitness@gmail.com	<b>Free</b>

## CANmove

A supportive group class for those undergoing cancer treatment or in recovery. Led by a specialist exercise physiologist, it includes tailored strength and balance exercises to help manage side effects, aid recovery and support long-term health. Take a positive step for your well-being.

Please bring a water bottle, towel and any relevant medical details. **All ages.**

	WHEN	WHERE	CONTACT	COST
<b>TUESDAY</b>	<b>10 am to 11 am</b>	<b>Fizzio for Life</b> 1/22 Loganlea Rd, Waterford West	<b>Fizzio for Life</b>  07 3805 3223  enquiries@ fizzioforlife.com.au	<b>\$5</b>
<b>FRIDAY</b>	<b>12 pm to 1 pm</b>	<b>Fizzio for Life</b> 1/22 Loganlea Rd, Waterford West	<b>Fizzio for Life</b>  07 3805 3223  enquiries@ fizzioforlife.com.au	<b>\$5</b>

## Chair Aerobics

Exercise your body and mind to music whilst sitting in a chair. **Ages 18+.**

	WHEN	WHERE	CONTACT	COST
<b>MONDAY</b>	<b>11:30 am to 12:30 pm</b>	<b>Gould Adams Community Centre</b> 558 Kingston Rd, Kingston	<b>Australasian Dancesport</b>  07 3412 9918  bstanton@ssi.org.au	<b>\$2</b>
<b>THURSDAY</b>	<b>11:30 am to 12:30 pm</b>	<b>Gould Adams Community Centre</b> 558 Kingston Rd, Kingston	<b>Australasian Dancesport</b>  07 3412 9918  bstanton@ssi.org.au	<b>\$2</b>







*It's not only the exercise, it's the interacting. It is really important to **participate and mingle** with other people as it is so important for your wellbeing.*



*Ingrid W. on **Chair Exercise Class** with Renata*

## Chair Exercise

A fun, welcoming class for all abilities. Ideal for those with injuries, or who prefer seated exercise. Improve fitness, strength, coordination, rhythm and balance in a safe, friendly environment. Please bring a water bottle. **Ages 10+.**

	WHEN	WHERE	CONTACT	COST
<b>MONDAY</b>	<b>10:30 am to 11:30 am</b>	<b>PCYC Logan</b> Cnr of Compton Rd and Kingston Rd, Slacks Creek	<b>Bellydance with Renata</b>  0400 701 676  revasi@hotmail.com	<b>\$5</b>
<b>WEDNESDAY</b>	<b>10:30 am to 11:30 am</b>	<b>PCYC Logan</b> Cnr of Compton Rd and Kingston Rd, Slacks Creek	<b>Bellydance with Renata</b>  0400 701 676  revasi@hotmail.com	<b>\$5</b>

## DanceFIT Gentle

Party at your own pace. Ideal for active older adults, expectant mums or those new to exercise. If you're looking for a modified dance fitness class at a lower intensity, this is the workout for you. Please wear enclosed shoes and bring a water bottle and towel.

	WHEN	WHERE	CONTACT	COST
<b>MONDAY</b>	<b>9:30 am to 10:30 am</b> (Ages 18+)	<b>Bethesda Lutheran Church</b> 81 City Rd, Beenleigh	<b>MiMiFiT</b>  0468 306 686  miriam@mimfit.net	<b>\$5</b>  
<b>TUESDAY</b>	<b>10:30 am to 11:30 am</b> (Ages 14+)	<b>Mount Warren Sports and Fitness Centre</b> 2 Milne St, Mount Warren Park	<b>Logan Leisure Centres</b>  07 3094 5401  leisurecentres@logan.qld.gov.au	<b>\$5</b>  
<b>WEDNESDAY</b>	<b>9:30 am to 10:30 am</b> (Ages 18+)	<b>Bethesda Lutheran Church</b> 81 City Rd, Beenleigh	<b>MiMiFiT</b>  0468 306 686  miriam@mimfit.net	<b>\$5</b>  
<b>THURSDAY</b>	<b>9:30 am to 10:30 am</b> (All ages)	<b>Chambers Flat Community Centre</b> 49–65 Kenny Rd, Chambers Flat	<b>Sandy Meeds</b>  0408 033 955  sandymeeds@gmail.com	<b>\$5</b> 
<b>FRIDAY</b>	<b>9:30 am to 10:30 am</b> (Ages 18+)	<b>Logan Central Community Centre</b> 9–11 Jacaranda Ave, Logan Central	<b>MiMiFiT</b>  0468 306 686  miriam@mimfit.net	<b>\$5</b>  



## Exercise for Parkinson's

Exercise physiologist led movement program designed for management of Parkinson's Disease, with emphasis on hand-eye coordination and balance. Please bring a water bottle, towel and where possible closed in shoes. **Ages 40+.**

	WHEN	WHERE	CONTACT	COST
FRIDAY	12 pm to 1 pm	<b>Logan North Fitness Centre</b> 2 Sports Dr, Underwood	<b>City Venue Management</b>  07 3541 6150  logannorth@cityhealthclubs.com.au	<b>\$5</b>
	1:30 pm to 2:30 pm	<b>Logan Metro Fitness Centre</b> 357 Browns Plains Rd, Crestmead	<b>Logan Leisure Centres</b>  07 3081 6622  leisurecentres@logan.qld.gov.au	<b>\$5</b>





## Extreme Hip Hop Step

A music-based fitness program made up of step aerobics, cardio and strength workouts, moving to the sweet rhythm of the latest R&B hip hop sounds. Please bring a water bottle and towel. **Ages 14+.**

	WHEN	WHERE	CONTACT	COST
FRIDAY	5:15 pm to 6:15 pm	<b>Logan Metro Fitness Centre</b> 357 Browns Plains Rd, Crestmead	<b>Logan Leisure Centres</b>  07 3081 6622  leisurecentres@logan.qld.gov.au	<b>\$5</b>

## Fit Over-50's

Build strength and keep fit with this over-50's fitness activity. **Ages 50+.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	8:15 am to 9 am	<b>In Force Personal Training</b> 45 Glengala Dr, Rochedale South	<b>In Force Personal Training</b>  0410 602 023  ifpt@outlook.com.au	<b>\$10</b>
THURSDAY	8:15 am to 9 am	<b>In Force Personal Training</b> 45 Glengala Dr, Rochedale South	<b>In Force Personal Training</b>  0410 602 023  ifpt@outlook.com.au	<b>\$10</b>

## Fitter for Life (Gymnastics) (S) (☆)

Improve your mobility, strength and coordination as you exercise with friends. A fun fundamental movement program and social opportunity. The activities in our classes can be catered to you and your needs! Please bring a water bottle and towel. **Ages 50+.**

	WHEN	WHERE	CONTACT	COST
<b>WEDNESDAY</b>	<b>11:15 am to 12:15 pm</b>	<b>PCYC Beenleigh</b> 20–38 Alamein St, Beenleigh	<b>PCYC Beenleigh</b> ☎ 07 3380 1777 ✉ beenleigh@pcyc.org.au	<b>\$5</b>

## Gentle Circuit (⇅)

Build strength and flexibility in this class designed for those at risk of injury or illness. Led by a physiotherapist or exercise physiologist, with a focus on core, pelvic and lower back strength. Please bring a water bottle and towel. **Ages 18+.**

	WHEN	WHERE	CONTACT	COST
<b>MONDAY</b>	<b>9:30 am to 10:30 am</b>	<b>Physio On Chatswood</b> 14 Chatswood Rd, Springwood	<b>NorthHab Health</b> ☎ 07 3803 2100 ✉ reception@northhab.com.au	<b>\$5</b>
<b>FRIDAY</b>	<b>9 am to 10 am</b>	<b>NorthHab Health</b> 13–17 Julie St, Crestmead	<b>NorthHab Health</b> ☎ 07 3803 2100 ✉ reception@northhab.com.au	<b>\$5</b>





## Gentle Exercise

This light group training class includes resistance, stretching and cardiovascular exercise. Suitable for ages who enjoy low intensity activities and achievable for those a little older in age. Please bring a water bottle and towel. **Ages 14+.**

	<b>WHEN</b>	<b>WHERE</b>	<b>CONTACT</b>	<b>COST</b>
<b>MONDAY</b>	<b>10:30 am to 11:30 am</b>	<b>Mount Warren Sports and Fitness Centre</b> 2 Milne St, Mount Warren Park	<b>Logan Leisure Centres</b>  07 3094 5401  leisurecentres@logan.qld.gov.au	<b>\$5</b>
	<b>11:30 am to 12:30 pm</b>	<b>Logan North Fitness Centre</b> 2 Sports Dr, Underwood	<b>City Venue Management</b>  07 3541 6150  logannorth@cityhealthclubs.com.au	<b>\$5</b>
<b>TUESDAY</b>	<b>10:30 am to 11:30 am</b>	<b>Logan Metro Fitness Centre</b> 357 Browns Plains Rd, Crestmead	<b>Logan Leisure Centres</b>  07 3081 6622  leisurecentres@logan.qld.gov.au	<b>\$5</b>
<b>WEDNESDAY</b>	<b>10:30 am to 11:30 am</b>	<b>Mount Warren Sports and Fitness Centre</b> 2 Milne St, Mount Warren Park	<b>Logan Leisure Centres</b>  07 3094 5401  leisurecentres@logan.qld.gov.au	<b>\$5</b>
<b>THURSDAY</b>	<b>10:30 am to 11:30 am</b>	<b>Logan North Fitness Centre</b> 2 Sports Dr, Underwood	<b>City Venue Management</b>  07 3541 6150  logannorth@cityhealthclubs.com.au	<b>\$5</b>
<b>FRIDAY</b>	<b>10:30 am to 11:30 am</b>	<b>Mount Warren Sports and Fitness Centre</b> 2 Milne St, Mount Warren Park	<b>Logan Leisure Centres</b>  07 3094 5401  leisurecentres@logan.qld.gov.au	<b>\$5</b>


## Gentle Movement

This light group training class includes resistance, stretching and cardiovascular exercise. Suitable for participants who enjoy low intensity activities and achievable for those a little older in age. Please bring a water bottle and towel. **Ages 18+.**

	WHEN	WHERE	CONTACT	COST
<b>TUESDAY</b>	<b>6:15 am to 7:15 am</b>	<b>Logan Medical Centre</b> 1 Wembley Rd, Logan Central	<b>Keep Moving Exercise Physiology</b>  0437 542 996  jess@keepmovingep.com.au	<b>\$5</b>



## Group Fitness

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

	WHEN	WHERE	CONTACT	COST
<b>THURSDAY</b>	<b>6 pm to 7 pm</b> 16 Jul to 17 Sep 2026, 8 Oct to 10 Dec 2026	<b>Everleigh AFL Precinct</b> Ivory Pkwy, Greenbank	<b>Enriching Communities</b>  0448 884 038	<b>Free</b>



## Kick-start Your Fitness

Kick-start your fitness and get your body moving with weekly gentle exercise in a safe and supportive environment. Each week we'll introduce different ball activities to keep it fun and exciting. No previous experience or skill is required. **All ages.**

	WHEN	WHERE	CONTACT	COST
<b>TUESDAY</b>	<b>5 pm to 6 pm</b> (School terms only)	<b>Eagleby Community Hall</b> 94–112 Fryar Rd Eagleby	<b>Eagleby Neighbourhood Centre</b>  07 3151 6132  ckneepkens@wmq.org.au	<b>Free</b>

## Lung Power

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. **Ages 14+.**

	WHEN	WHERE	CONTACT	COST
<b>FRIDAY</b>	<b>12 pm to 1 pm</b>	<b>Logan Metro Fitness Centre</b> 357 Browns Plains Rd, Crestmead	<b>Logan Leisure Centres</b>  07 3081 6622  leisurecentres@logan.qld.gov.au	<b>\$5</b>



## Move More

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

	WHEN	WHERE	CONTACT	COST
<b>TUESDAY</b>	<b>11:30 am to 12:30 pm</b>	<b>Logan North Fitness Centre</b> 2 Sports Dr, Underwood	<b>City Venue Management</b>  07 3541 6150  logannorth@cityhealthclubs.com.au	<b>\$5</b>
<b>FRIDAY</b>	<b>10:45 am to 11:45 am</b>	<b>Logan Metro Fitness Centre</b> 357 Browns Plains Rd, Crestmead	<b>Logan Leisure Centres</b>  07 3081 6622  leisurecentres@logan.qld.gov.au	<b>\$5</b>

## Mum and Kid Fitness 😊

Fitness classes designed for mums to rebuild strength and improve mobility after pregnancy. Connect with others in a supportive space — little ones welcome too! Bring a mat, water bottle and socks. **All ages.**

	WHEN	WHERE	CONTACT	COST
<b>WEDNESDAY</b>	<b>8:40 am to 9:40 am</b> (School terms only)	<b>The Family and Community Place</b> 3 Darnell St, Yarrabilba	<b>Fruitful Fitness</b> 📞 0452 482 251 ✉️ fruitfulfitness.JS@gmail.com	<b>Free</b>

## Outdoor Group Fitness Class

Beginner group fitness class designed for all fitness levels. Using body weight exercises that include fun games to encourage people to move and improve their health, fitness and wellbeing. Please bring a drink bottle, water, towel, yoga mat. **All ages.**

	WHEN	WHERE	CONTACT	COST
<b>WEDNESDAY</b>	<b>6 pm to 7 pm</b>	<b>Woodlands District Parklands</b> 1 Grand Tce, Waterford	<b>Ripple Fitness</b> 📞 0415 533 181 ✉️ dannripple@gmail.com	<b>\$5</b>





## Pole Fitness – Beginner

A beginner-friendly course to build a strong foundation in this dynamic sport. Learn key moves like climbs, sits, spins and grips — the building blocks of aerial fitness. Please bring a water bottle to stay hydrated during the activity. **Ages 15+.**

	WHEN	WHERE	CONTACT	COST
<b>WEDNESDAY</b>	<b>6 pm to 7 pm</b>	<b>Breathe Pole Dance Academy</b> 7/98 Anzac Ave, Hillcrest	<b>Breathe Pole Dance Academy</b> 📞 0432 763 607 ✉️ info@breathepoledanceacademy.com	<b>\$5</b>



## Seniors Functional Fitness

Boost strength, mobility, balance and flexibility using resistance bands, free weights and games that support body and brain health. Led by an exercise physiologist for safety and support. Please wear enclosed shoes, bring a water bottle, towel and any relevant medical details. **Ages 50+.**

	WHEN	WHERE	CONTACT	COST
<b>TUESDAY</b>	<b>8:30 am to 9:30 am</b>	<b>Bethania Community Centre</b> 88–118 Station Rd, Bethania	<b>Ballycara Limited</b>  1300 272 222  wellness@ballycara.com	<b>\$5</b>
<b>THURSDAY</b>	<b>8:30 am to 9:30 am</b>	<b>Bethania Community Centre</b> 88–118 Station Rd, Bethania	<b>Ballycara Limited</b>  1300 272 222  wellness@ballycara.com	<b>\$5</b>





## Step Class

Get active and have fun in this step class, focusing on hand, eye and body coordination! Please bring a water bottle and towel. **Ages 15+.**

	WHEN	WHERE	CONTACT	COST
<b>MONDAY</b>	<b>6:30 pm to 7:30 pm</b> (School terms only)	<b>PHIITKID Fitness</b> Unit 1/9 Cronulla Ct, Slacks Creek	<b>PHIITKID Fitness Management</b>  0431 632 130  phiitkidfitness@gmail.com	<b>Free</b>









## Zumba

A fun, supportive dance fitness session for all abilities. Designed to build confidence, connection and joy through movement. Set to upbeat hits, Zumba favourites and classic throwbacks. Please wear enclosed shoes, bring a water bottle and towel. **All ages.**

	WHEN	WHERE	CONTACT	COST
<b>SATURDAY</b>	<b>12 pm to 1 pm</b> (School terms only)	<b>Middle Green</b> 720–768 Middle Rd, Greenbank	<b>Zumba with Mara</b>  0414 139 549  mara.oti@hotmail.com	<b>Free</b>
<b>SUNDAY</b>	<b>9:30 am to 10:30 am</b> (School terms only)	<b>Logan Gardens</b> 12 Civic Pde, Logan Central	<b>Zumba with Mara</b>  0414 139 549  mara.oti@hotmail.com	<b>Free</b>



## 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. Please wear enclosed shoes, bring a water bottle and towel.

	WHEN	WHERE	CONTACT	COST
<b>MONDAY</b>	<b>6 pm to 6:30 pm</b> (All ages)	<b>Springwood Central State School</b> 39 Murrajong Rd, Springwood	<b>Zumba with Carla</b>  0401 958 761  zumba_with_carla@hotmail.com	<b>\$5</b> adults, <b>\$3</b> teens, <b>\$2</b> U12's  
<b>WEDNESDAY</b>	<b>10:30 am to 11:30 am</b> (Ages 14+)	<b>Logan Metro Fitness Centre</b> 357 Browns Plains Rd, Crestmead	<b>Logan Leisure Centres</b>  07 3081 6622  leisurecentres@logan.qld.gov.au	<b>\$5</b>  

## 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. Please bring a water bottle and towel. **All ages.**

	WHEN	WHERE	CONTACT	COST
<b>WEDNESDAY</b>	<b>6 pm to 6:30 pm</b>	<b>Springwood Central State School</b> 39 Murrajong Rd, Springwood	<b>Zumba with Carla</b>  0401 958 761  zumba_with_carla@hotmail.com	<b>\$5</b> adults, <b>\$3</b> teens, <b>\$2</b> U12's

# Outdoor gyms

Take a break from indoors and breathe in the fresh air during your next workout. Get fit for free with these outdoor gyms in Logan parks. Visit [logan.qld.gov.au/parks/directory](http://logan.qld.gov.au/parks/directory) for more locations with exercise equipment.

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



# Health and wellbeing







*Have the courage to give it a go, because it can be daunting, and just give it a try. I couldn't recommend it anymore.*



*Michael M. on **Adults and Seniors Cooking Club** with Kingston East Neighbourhood Group*


## Adult and Seniors Cooking Club

A 5-week program to participate in a cooking experience while incorporating nutritional skills and knowledge. Please bring enclosed shoes, a water bottle, tupperware and cutlery to eat with. **All ages.**

	WHEN	WHERE	CONTACT	COST
<b>TUESDAY</b>	<b>12 pm to 2 pm</b> 28 Jul to 25 Aug 2026, 13 Oct to 10 Nov 2026 (School terms only)	<b>Kingston East Neighbourhood Centre</b> 177 Meakin Rd, Slacks Creek	<b>Kingston East Neighbourhood Group</b>  07 3808 1684  admin@keng.org.au	<b>Free</b>



## Coffee Group for Seniors

Make new friends and build lasting connections at our relaxed coffee mornings. Come along to meet other locals, enjoy a chat and feel part of your community. Join in the fun with bingo and trivia running on alternating months.

	WHEN	WHERE	CONTACT	COST
<b>THURSDAY</b>	<b>10 am to 11:30 am</b> (Fortnightly)	<b>Middle Green Club</b> Middle Rd, Greenbank	<b>Enriching Communities</b>  0448 884 038	<b>Free</b>

## Dads Time

A relaxed program for dads and their children to enjoy free play, activities and a healthy morning tea together. It offers engaging play spaces for kids and a chance for dads to connect and catch up with one another. **For dads and carers with children ages 13 and under.**

	WHEN	WHERE	CONTACT	COST
<b>SATURDAY</b>	<b>9:30 am to 10:30 am</b>	<b>Kingston East Neighbourhood Centre</b> 177 Meakin Rd, Slacks Creek	<b>Kingston East Neighbourhood Group</b>  0497 910 482  hayden.esparon@keng.org.au	<b>Free</b>



## Family Drug Support

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

	WHEN	WHERE	CONTACT	COST
<b>THURSDAY</b>	<b>6 pm to 8 pm</b> (1st Thursday of month)	<b>Twin Rivers Centre</b> 104 Riverhills Rd, Eagleby	<b>Twin Rivers Centre</b>  07 3382 4000  reception@twinrivers.org.au	<b>Free</b>

## Family History

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

	WHEN	WHERE	CONTACT	COST
<b>TUESDAY</b>	<b>1 pm to 3 pm</b> (1st and 3rd Tuesday of month)	<b>Logan Village Library</b> Wharf St, Logan Village	<b>Logan Village Library</b>  07 5549 8400  libraries@logan.qld.gov.au	<b>Free</b>

## First 5 Forever

The First 5 Forever program offers a variety of regular activities for children and families including baby time, story time and various play programs, both in Logan Libraries and out in community. Find out dates and times by scanning the QR code below. **Ages 5 and under.**



In the first 5 years, little moments make a big difference.

**first5forever**



**CITY OF LOGAN**

**STATE LIBRARY QUEENSLAND**

**Queensland Government**



## Free Type 2 Diabetes Prevention Program

Logan Healthy Living offers two free programs for people at risk of Type 2 Diabetes, My Health for Life and Small Steps for Big Changes. Includes group sessions or 1:1 coaching and exercise in our modern clinic. **Ages 16+.**

	WHEN	WHERE	CONTACT	COST
<b>WEEKDAYS</b>	<b>8 am to 4 pm</b>	<b>Logan Healthy Living</b> Level 1, 12–16 Logandowns Dr, Meadowbrook	<b>Logan Healthy Living</b>  07 3365 1057  <a href="mailto:lhl@uqhealthcare.org.au">lhl@uqhealthcare.org.au</a>	<b>Free</b>





## Free Type 2 Diabetes Program

A free 8-week, bulk-billed group program for people with Type 2 Diabetes. Get support from allied health professionals and help shape your care plan for up to 12 months. **Ages 16+.**

	WHEN	WHERE	CONTACT	COST
<b>WEEKDAYS</b>	<b>8 am to 4 pm</b>	<b>Logan Healthy Living</b> Level 1, 12–16 Logandowns Dr, Meadowbrook	<b>Logan Healthy Living</b>  07 3365 1057  <a href="mailto:lhl@uqhealthcare.org.au">lhl@uqhealthcare.org.au</a>	<b>Free</b>



## Fun and Fit Over 50

A fun movement program and social opportunity aiming to help improve your mobility, strength and coordination. **For all abilities aged 50+.**

	WHEN	WHERE	CONTACT	COST
THURSDAY	<b>9:30 am to 10:30 am</b> (School terms only)	<b>Ben Matthews Playground</b> 47–55 Ellen St, Logan Central	<b>Amputees Queensland Inc.</b>  07 3290 4293  lynda@afsg.org.au	<b>Free</b>
	<b>10:45 am to 11:45 am</b> (School terms only)	<b>Ben Matthews Playground</b> 47–55 Ellen St, Logan Central	<b>Amputees Queensland Inc.</b>  07 3290 4293  lynda@afsg.org.au	<b>Free</b>



## Healthier Together Cooking Class

Learn how to make simple, delicious and nutritious meals. This free 5-week program includes cooking classes and advice to stay active for Māori and Pacific Islander families.

CONTACT	COST
<b>Pacifikai – Children's Health QLD</b>  0408 918 401  healthiertogether@health.qld.gov.au	<b>Free</b>



## Healthy Ageing Hub

Build confidence to manage your health and wellbeing as you age, with guidance on navigating support services. Topics may include diabetes, dementia, scam prevention and carer info. All sessions include morning tea. **Ages 50+.**

	WHEN	WHERE	CONTACT	COST
WEDNESDAY	<b>10 am to 12 pm</b> (1st and 3rd Wednesday of month)	<b>Ben Matthews Playground</b> 47–55 Ellen St, Logan Central	<b>Amputees Queensland Inc.</b>  07 3290 4293  lynda@afsg.org.au	<b>Free</b>



## Hello Baby

A supportive environment where infants 0-1 year old and their caregivers come together to play, learn and connect. **Ages 0 to 12 months.**

	WHEN	WHERE	CONTACT	COST
<b>TUESDAY</b>	9:30 am to 11:30 am	<b>Kingston East Neighbourhood Group</b> 177 Meakin Rd, Slacks Creek	<b>Kingston East Neighbourhood Group</b>  07 3808 1684  chelsy.hemsworth@keng.org.au	Free

## Hydrotherapy



A water-based class for those with health conditions, injuries or limitations needing supervised exercise. Run by an exercise physiologist. Please bring swimwear, a water bottle, a towel and a change of clothes. **Ages 18+.**

	WHEN	WHERE	CONTACT	COST
<b>TUESDAY</b>	12:45 pm to 1:45 pm	<b>Gould Adams Aquatic Centre</b> 558 Kingston Rd, Kingston	<b>Keep Moving Exercise Physiology</b>  0437 542 996  jess@keepmovingep.com.au	\$5





## Keep Healthy

These inclusive activities are designed for people of all abilities, including disability and older adults. They offer a supportive way to improve your health and wellbeing while learning about local services available in Logan. Please bring a refillable water bottle. **Ages 18+.**

	WHEN	WHERE	CONTACT	COST
<b>FRIDAY</b>	<b>11 am to 12 pm</b> (School terms only)	<b>AfriCARE Hall</b> 24 Blackwood Rd, Logan Central	<b>AfriCARE Disability Services</b>  07 3209 4349  disability@ africaredisability.org	<b>Free</b>



## Meditation

A welcoming outdoor session featuring guided meditation and breathwork to reduce stress and start the day feeling calm, centred and connected. Please bring a water bottle, towel and yoga mat. **Ages 18+.**

	WHEN	WHERE	CONTACT	COST
<b>SUNDAY</b>	<b>7 am to 8 am</b> (1st and 3rd Sunday of month)	<b>Underwood Park</b> 982–1006 Underwood Rd, Priestdale	<b>Sandi White</b>  0431 159 818  sandi_vt@hotmail.com	<b>\$5</b>

## Meditation Workshop

A practical workshop to help you build a lasting meditation habit, with face-to-face mentoring and 21 days of online support. Please bring a water bottle, towel and yoga mat. **Ages 12+.**

	WHEN	WHERE	CONTACT	COST
<b>SUNDAY</b>	<b>10 am to 12:30 pm</b> 6 Sep 2026, 15 Nov 2026	<b>Greenbank Community Centre</b> 145 Teviot Rd, Greenbank	<b>Australian School of Meditation and Yoga</b>  0403 262 069  amit@asmy.org.au	<b>\$5</b>





## Men's Sheds

Men's Sheds are community spaces where men work on meaningful projects at their own pace, while connecting with others. They support health, wellbeing and social inclusion. **Ages 18+.**

WHEN	WHERE	CONTACT	COST
<b>Monday, Tuesday, Thursday and Friday</b> 8 am to 11:30 am	<b>Beenleigh District Men's Shed</b> 36 Martens St, Beenleigh	<b>Beenleigh District Men's Shed</b> ☎ 07 3733 1511	<b>\$60</b> join fee <b>\$50/yr</b> renewal fee
<b>Monday, Tuesday, Wednesday and Friday</b> 7 am to 12 pm (Ages 50+)	<b>Greenbank RSL Men's Shed</b> 3/15 Corporate Pl, Hillcrest	<b>Greenbank RSL Men's Shed</b> ☎ 07 2115 7301	<b>Free</b>
<b>Monday, Wednesday and Friday</b> 8 am to 12 pm	<b>LADS (Logan and Districts Shedders)</b> 14/4696 Mt Lindesay Hwy, North MacLean	<b>LADS (Logan and Districts Shedders)</b> ☎ 0419 780 479	<b>Please contact for costs</b>
	<b>Logan Village Men's Shed</b> 43 Centenary Pl, Logan Village	<b>Logan Village Men's Shed</b> ☎ 1300 140 282	<b>Please contact for costs</b>
<b>Wednesday and Thursday</b> 8 am to 1 pm	<b>Park Ridge Men's Shed</b> 131-147 Stoney Camp Rd, Park Ridge	<b>Park Ridge Men's Shed</b> ☎ 0418 710 031	<b>Please contact for costs</b>
<b>Wednesday to Saturday</b> 8 am to 2 pm	<b>Logan City Community Men's Shed</b> 161b Magnesium Dr, Crestmead	<b>Logan City Community Men's Shed</b> ☎ 0483 223 204	<b>\$50/yr</b>



## Messy Wednesdays

This playgroup is full of ooey gooey fun. Explore, create and experiment in our messy play zone. No bookings needed, just turn up. **Ages 0 to 12 months.**

	WHEN	WHERE	CONTACT	COST
<b>WEDNESDAY</b>	<b>10 am to 12 pm</b> (Not delivered in 1st 2 weeks of school term)	<b>The Family Place</b> 35a North Rd, Woodridge	<b>The Family Place</b>  0447 263 712  TFP.Team@salvationarmy.org.au	<b>Free</b>

## Midweek Men's Circle

The Midweek Men's Circle is an after hours program for men to gather after work for some chats and a dinner. Hosted on a Wednesday, it is the perfect time to break up your working week and come to decompress in the company of other blokes over a warm meal. **Ages 18+.**

	WHEN	WHERE	CONTACT	COST
<b>WEDNESDAY</b>	<b>5:30 pm to 7:30 pm</b> (2nd and 4th Wednesday of month)	<b>Kingston East Neighbourhood Centre</b> 177 Meakin Rd, Slacks Creek	<b>Kingston East Neighbourhood Group</b>  0497 910 482  hayden.esparon@keng.org.au	<b>Free</b>





## My Health for Life

Need help building healthier habits? This free Queensland Government program starts with an online health check and connects you to a Health Coach for support. Appointment by enquiry. **Ages 18+.**

### CONTACT




#### My Health for Life

 1800 006 445

 [info@myhealthforlife.com.au](mailto:info@myhealthforlife.com.au)


## Playgroup

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

	WHEN	WHERE	CONTACT	COST
<b>MONDAY</b>	<b>10 am to 12 pm</b> (Not delivered in the 1st 2 weeks of school term)	<b>The Family Place</b> 35a North Rd, Woodridge	<b>The Family Place</b>  0447 263 712  <a href="mailto:TFP.Team@salvationarmy.org.au">TFP.Team@salvationarmy.org.au</a>	<b>Free</b>
<b>WEDNESDAY</b>	<b>9 am to 10:30 am</b> 15 Jul to 9 Sep 2026, 7 Oct to 16 Dec 2026 (Fortnightly during school terms)	<b>Everleigh State School</b> 46 Ivory Pkwy, Greenbank	<b>Enriching Communities</b>  0448 884 038	<b>Free</b>

## Play Your Way Around the World

A session for parents and young children to come together to share culture through play. Each session explores a different country through games, stories, music or food, often led by families themselves. It's about belonging, pride in culture and learning from one another — together. Bring a water bottle. **Ages 5 and under.**

	WHEN	WHERE	CONTACT	COST
<b>FRIDAY</b>	<b>9:30 am to 11 am</b> (Last Friday of month)	<b>Salvos</b> 1 Station Rd, Woodridge	<b>Central Logan Focus Community — Logan Together</b>  <a href="mailto:t.ashbysmith@griffith.edu.au">t.ashbysmith@griffith.edu.au</a>	<b>Free</b>





## Relaxing Creative Class

A class focusing on relaxation using different creative mediums to instil peace and tranquillity. Each week we will be introducing different art techniques and craft ideas.

	WHEN	WHERE	CONTACT	COST
<b>THURSDAY</b>	2 pm to 3:15 pm	<b>Logan Artists Association Studios</b> 27 Coral St, Loganlea	<b>Logan Artists Association</b>  0400 165 767  enquiries@loganartists.com	<b>\$5</b>


## Social Group for Men

Guys! Come along and meet new friends in a welcoming and non-judgemental environment. **All ages.**

	WHEN	WHERE	CONTACT	COST
<b>TUESDAY</b>	9 am to 11 am	<b>Twin Rivers Centre</b> 104 Riverhills Rd, Eagleby	<b>Twin Rivers Centre</b>  07 3382 4000  reception@twinrivers.org.au	<b>Free</b>

## Social Group for Women

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

	WHEN	WHERE	CONTACT	COST
<b>TUESDAY</b>	10 am to 12 pm	<b>Twin Rivers Centre</b> 104 Riverhills Rd, Eagleby	<b>Twin Rivers Centre</b>  07 3382 4000  reception@twinrivers.org.au	<b>Free</b>

## Walking Group for Parents and Caregivers

A weekly walk in nature which includes connecting with other caregivers and their children. **All ages.**

	WHEN	WHERE	CONTACT	COST
<b>FRIDAY</b>	<b>8:30 am to 9:30 am</b>	<b>Rev'e Coffee Hub</b> Roselea St, Shailer Park	<b>Sisu Pathways</b> ✉ sisupathways@outlook. com	<b>Free</b>

## Women's Mental Health and Relationship Wellbeing

Monthly wellbeing sessions designed to support women in strengthening emotional health, building meaningful relationships and developing practical skills for navigating life's challenges. Please bring a notebook and pen. **Ages 18+.**

	WHEN	WHERE	CONTACT	COST
<b>WEDNESDAY</b>	<b>5:30 pm to 6:30 pm</b> (1st Wednesday of month)	<b>The Buzz</b> 65 Basalt Dr, Yarrabilba	<b>Samantha Miller</b> ☎ 0413 130 409 ✉ holdthehopecounselling@ yahoo.com	<b>\$5</b>

## Women's Shed

The Logan Village Women's Shed is a hands-on, tool friendly place where women who enjoy woodworking can come together to enjoy friendship, support, explore their creativity and learn new skills. **Ages 18+.**

	WHEN	WHERE	CONTACT	COST
	<b>Tuesday and Thursday</b> 9 am to 2 pm	<b>Women's Shed</b> 23 Wharf St, Logan Village	<b>Women's Shed</b> ☎ 0428 633 602	<b>Please contact for costs</b>
	<b>Saturday</b> 10 am to 2 pm	<b>Women's Shed</b> 23 Wharf St, Logan Village	<b>Women's Shed</b> ☎ 0428 633 602	<b>Please contact for costs</b>



# Off-leash dog parks in Logan

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

SUBURB	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

# Sport, recreation and outdoors





## Adaptive Aqua Adventure ☺ ☹

Make a splash with seated wakeboarding, kneeboarding, paddleboarding or racing centre equipment! Suitable for people with disabilities and recommended for confident swimmers. Parents and carers join free. Please bring swimwear, sunscreen, water shoes (recommended) and a towel.  
**Ages 10+.**

	WHEN	WHERE	CONTACT	COST
<b>TUESDAY</b>	<b>9:30 am to 11 am</b> 6 Oct to 8 Dec 2026 (School terms only)	<b>Bayside Wake Park</b> 80 Ferry Rd, Carbrook	<b>Bayside Wake Park</b> ☎ 07 3287 7777 ✉ baysidecablepark@gmail.com	<b>\$10</b>

## Badminton (Social) ☺ ☹ ☺

Join our social badminton session for inclusive, round-robin play in a friendly environment. Turn up solo or with a partner and enjoy great games and social connection. Please wear enclosed sports shoes (no dark soles) and bring a water bottle, towel, hat and sunscreen.

	WHEN	WHERE	CONTACT	COST
<b>WEDNESDAY</b>	<b>6 pm to 7 pm</b> (Ages 8+)	<b>Brisbane Badminton</b> 39 Quilton Pl, Crestmead	<b>South Brisbane Badminton</b> ☎ 0452 007 848 ✉ prark999@gmail.com	<b>\$5</b>
<b>SATURDAY</b>	<b>8 am to 10 am</b> (Ages 6+)	<b>Sky Badminton Centre</b> 116 Wembley Rd, Logan Central	<b>Brisbane Legends Inc</b> ☎ 0429 429 224 ✉ sambitd069@gmail.com	<b>\$15</b> ☼



## Basketball – Beginner Skills Program 😊

An entry level skill acquisition program that teaches beginner skills required to play basketball. Please wear enclosed shoes and bring a water bottle and towel. **Ages 8+**.

	WHEN	WHERE	CONTACT	COST
<b>THURSDAY</b>	<b>3:30 pm to 4:30 pm</b> (School terms only)	<b>Cornubia Park Sports Centre</b> 146 Bryants Rd, Shailer Park	<b>Logan Basketball Inc</b> 📞 07 3801 3566 ✉️ venuemanager@loganbasketball.com	<b>Free</b>



## Bushwalking 😊👤

Build outdoor skills, improve navigation and enjoy nature while boosting your fitness and awareness. Please wear sun-safe clothing, a hat and enclosed shoes. Bring a water bottle and a snack. **Ages 10+**.

	WHEN	WHERE	CONTACT	COST
<b>SATURDAY</b>	<b>9 am to 12 pm</b> 24 Oct 2026	<b>Springwood Conservation Park</b> Jardine Dr, Springwood	<b>Scouts QLD</b> 📞 0447 427 864 ✉️ sem@scoutsqld.com.au	<b>\$5</b>
	<b>12:30 pm to 3:30 pm</b> 25 Jul 2026	<b>Springwood Conservation Park</b> Jardine Dr, Springwood	<b>Scouts QLD</b> 📞 0447 427 864 ✉️ sem@scoutsqld.com.au	<b>\$5</b>



## Camping Skills

Learn practical tips for camping or hiking, including building shelters, collecting water, fire lighting and bush cooking. Please wear sun-safe clothing and a hat, enclosed shoes and bring a water bottle and a snack. **Ages 10+.**

	WHEN	WHERE	CONTACT	COST
<b>SATURDAY</b>	<b>12:30 pm to 3:30 pm</b> 31 Oct 2026	<b>Marsden Scout Den</b> Tamarind St, Marsden	<b>Scouts QLD</b>  0447 427 864  sem@scoutsqld.com.au	<b>\$5</b>



## Croquet

Come and learn croquet from qualified coaches. A fun and social game which can be played in singles or doubles. Please wear enclosed shoes and bring a water bottle, towel and hat. **Ages 18+.**

	WHEN	WHERE	CONTACT	COST
<b>MONDAY</b>	<b>9 am to 11 am</b>	<b>Bedford Park</b> 229–239 River Hills Rd, Eagleby	<b>Twin Rivers Community Mallet Sports Club</b>  0421 244 496  twinrivers@croquetqld.org	<b>\$5</b>

## Dance (Adults Ballet)

Build strength, flexibility, coordination and musicality in this gentle ballet class for beginners, seniors or returning dancers. Please bring water and wear appropriate dancewear. **Ages 18+.**

	WHEN	WHERE	CONTACT	COST
<b>TUESDAY</b>	<b>7 pm to 8 pm</b> (School terms only)	<b>Intrinsic Dance Studios</b> 2/196 Parfrey Rd, Rochedale South	<b>Intrinsic Dance Studios</b>  0419 640 998  admin@intrinsicdance.com.au	<b>\$7</b>

# Environment events and activities

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

Activities include tree plantings, citizen science surveys, night adventures in our parks, 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/whats-on/eco-logan](https://logan.qld.gov.au/whats-on/eco-logan)







## Dance (Bellydance)

Bellydance for fun, fitness and friendship! Improve coordination, rhythm, balance and fitness in a welcoming environment. Please bring a water bottle and yoga mat or beach towel. **Ages 10+.**

	WHEN	WHERE	CONTACT	COST
<b>WEDNESDAY</b>	<b>9:30 am to 10:30 am</b>	<b>PCYC Logan</b> Cnr of Compton Rd and Kingston Rd, Slacks Creek	<b>Bellydance with Renata</b>  0400 701 676  revasi@hotmail.com	<b>\$5</b>
<b>FRIDAY</b>	<b>9:30 am to 10:30 am</b>	<b>Loganlea Community Centre</b> 28–32 Timms St, Loganlea	<b>Bellydance with Renata</b>  0400 701 676  revasi@hotmail.com	<b>\$5</b>






## Dance (Jazz)

Dance for fun and fitness with this beginner jazz class for adults. Improve posture, core strength, memory and mobility while dancing to fun and funky music. Please bring a water bottle, socks and a towel. **Ages 18+.**

	WHEN	WHERE	CONTACT	COST
<b>WEDNESDAY</b>	<b>6:45 pm to 7:30 pm</b> (School terms only)	<b>Reese Dance</b> 2/18 Prospect Pl, Berrinba	<b>Reese Dance</b>  0433 269 469  info@reesedance.com.au	<b>\$10</b>



## Dance (Line Dancing)

Line dancing is designed to get participants moving, laughing and connecting. The activity introduces easy-to-follow routines set to upbeat, familiar music, with clear instructions and plenty of encouragement. Please bring a water bottle and a towel.

	WHEN	WHERE	CONTACT	COST
<b>MONDAY</b>	<b>6 pm to 7 pm</b>	<b>The Buzz</b> 65 Basalt Dr, Yarrabilba	<b>Gilly's Line Dancing</b>  0450 199 927  gillyslinedancing@gmail.com	<b>\$5</b>
<b>THURSDAY</b>	<b>10:30 am to 11:30 am</b> (Ages 18+) (School terms only)	<b>Gould Adams Community Centre</b> 558 Kingston Rd, Kingston	<b>Australasian Dancesport</b>  07 3412 9918  bstanton@ssi.org.au	<b>Free</b> 



## Dance (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 wear enclosed shoes and bring a water bottle and towel. **Ages 18+.**

	WHEN	WHERE	CONTACT	COST
<b>MONDAY</b>	<b>5:30 pm to 6:30 pm</b>	<b>Gould Adams Community Centre</b> 558 Kingston Rd, Kingston	<b>No Lights No Lycra</b>  0438 357 433  nlnkingston@yahoo.com	<b>\$5</b>



## Dance (Tap)

Dance for fun and fitness with this beginner tap class for adults. Tap shoes are recommended but can be purchased after a free trial lesson. Please bring a water bottle, socks and a towel. **Ages 18+.**

	WHEN	WHERE	CONTACT	COST
<b>WEDNESDAY</b>	<b>7:30 pm to 8:15 pm</b> (School terms only)	<b>Reese Dance</b> 2/18 Prospect Pl, Berrinba	<b>Reese Dance</b>  0433 269 469  info@reesedance.com.au	<b>\$10</b>



## Dance (Tiny Tots)

A 'Mummy/Daddy and Me' dance program, introducing the magic and fun of mime, music and dance. Please bring a water bottle. **Ages 18 months to 3 years.**

	WHEN	WHERE	CONTACT	COST
<b>MONDAY</b>	<b>8:50 am to 9:40 am</b> (School terms only)	<b>Intrinsic Dance Studios</b> 2/196 Parfrey Rd, Rochedale South	<b>Intrinsic Dance Studios</b>  0419 640 998  admin@intrinsicdance.com.au	<b>\$7</b>

## Introduction to Martial Arts

This fun class covers the basics of martial arts. You'll learn kicking, punching and grappling. This class is great for beginners. Please bring a water bottle, towel and wear comfortable clothing. **Ages 18+.**

	WHEN	WHERE	CONTACT	COST
<b>SATURDAY</b>	<b>9:30 am to 10:30 am</b> (School terms only)	<b>Daisy Hill Squash Courts</b> 18a Allamanda Dr, Daisy Hill	<b>David King's Taekwondo Academy</b>  0410 645 552  davidkingtkd@gmail.com	<b>\$5</b>



## Golf — Skills & Social 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. **Ages 12+.**

	WHEN	WHERE	CONTACT	COST
<b>WEDNESDAY</b>	8:30 am to 9:30 am	<b>Windaroo Lakes Golf Club</b> Anna Louise Tce, Windaroo	<b>Windaroo Lakes Golf Club</b>  07 3804 0655  headpro@windaroolakes.com.au	<b>\$5</b>
<b>SUNDAY</b>	8:30 am to 9:30 am	<b>Windaroo Lakes Golf Club</b> Anna Louise Tce, Windaroo	<b>Windaroo Lakes Golf Club</b>  07 3804 0655  headpro@windaroolakes.com.au	<b>\$5</b>

## Native Plant Gardening

Learn how to grow native plants and create habitat in your garden at this hands-on session. Please wear enclosed shoes, a hat, long pants, a long-sleeved shirt and bring a water bottle. Under 18's must be accompanied by an adult. **All ages.**

	WHEN	WHERE	CONTACT	COST
<b>SUNDAY</b>	<b>9 am to 11 am</b> 16 Aug 2026, 11 Oct 2026	<b>Yarrabilba Community Gardens</b> Darlington Dr, Yarrabilba	<b>Work Eco</b>  0420 580 031  info@workeco.com.au	<b>\$5</b>



## Parkrun

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

WHEN	WHERE	CONTACT	COST
<b>SAT</b> 7 am	<b>Berrinba Wetlands</b> Berrinba <b>Darlington Parklands</b> Yarrabilba <b>Logan River Parklands</b> Beenleigh <b>Riverdale Park</b> Meadowbrook <b>Spring Mountain Reserve</b> Greenbank <b>Underwood Park</b> Priestdale	<b>Parkrun</b>	<b>Free</b>





## Pickleball

Pickleball blends tennis, ping-pong and badminton into a fun, easy-to-learn game that suits all skill levels. Please bring a water bottle and towel. **All ages.**

	WHEN	WHERE	CONTACT	COST
<b>MONDAY</b>	<b>8:30 am to 10:30 am</b>	<b>Mount Warren Sports and Fitness Centre</b> 2 Milne St, Mount Warren Park	<b>Logan Leisure Centres</b>  07 3094 5401  leisurecentres@logan.qld.gov.au	<b>\$5</b>
	<b>6:30 pm to 8:30 pm</b>	<b>St Bernardines Primary School Sports Hall</b> 25 Vergulde Rd, Regents Park	<b>Best Plains Pickleball Club</b>  0418 780 772  bestplainspickleball@gmail.com	<b>\$5</b>
<b>WEDNESDAY</b>	<b>8:30 am to 10:30 am</b>	<b>Mount Warren Sports and Fitness Centre</b> 2 Milne St, Mount Warren Park	<b>Logan Leisure Centres</b>  07 3094 5401  leisurecentres@logan.qld.gov.au	<b>\$5</b>
	<b>6:30 pm to 8:30 pm</b>	<b>St Bernardines Primary School Sports Hall</b> 25 Vergulde Rd, Regents Park	<b>Best Plains Pickleball Club</b>  0418 780 772  bestplainspickleball@gmail.com	<b>\$5</b>
<b>SUNDAY</b>	<b>8:30 am to 10:30 am</b> (Ages 12+)	<b>Woodlands District Park</b> 1–19 Grand Terrace, Waterford	<b>Pickle Tings</b>  0415 434 433  pickle.tings@outlook.com	<b>\$5</b>













## Run Group

Are you looking to improve your jogging or running or want to start for the first time? Berrinba Runners offer regular coaching, mobility and social running sessions weekly. All sessions are family friendly and cater for all abilities and fitness levels.

	WHEN	WHERE	CONTACT	COST
WEEKDAYS	<b>MON 5 pm</b>	<b>Berrinba Wetlands</b>	<b>Berrinba Runners</b>	<b>1 month</b>
	<b>TUE 4:45 pm</b>	Wayne Goss Dr, Berrinba	 0407 626 761	<b>free trial</b>
	<b>WED 5 am &amp; 4:45 pm</b>		 berrinbarunners@yahoo.com	<b>\$45/yr</b>
	<b>THU 4:45 pm</b>			adults,
	<b>FRI 5 am</b>			<b>\$17/yr</b> juniors

## Soccer for Kids

Learn the basics of soccer while having fun and developing physical and social skills for young children. Please wear enclosed shoes, bring a water bottle and hat. **Ages 2 to 5 years.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	<b>1:30 pm to 2 pm</b> (School terms only) (2 to 3 years)	<b>Underwood Park</b> Underwood Rd, Priestdale	<b>Ginger Sport</b>  1800 446 437  info@gingersport.com.au	<b>Free</b>
	<b>2:05 pm to 2:35 pm</b> (School terms only) (4 to 5 years)	<b>Underwood Park</b> Underwood Rd, Priestdale	<b>Ginger Sport</b>  1800 446 437  info@gingersport.com.au	<b>Free</b>
WEDNESDAY	<b>1:30 pm to 2 pm</b> (School terms only) (2 to 3 years)	<b>Riverdale Park</b> Armstrong Rd, Meadowbrook	<b>Ginger Sport</b>  1800 446 437  info@gingersport.com.au	<b>Free</b>
	<b>2:05 pm to 2:35 pm</b> (School terms only) (4 to 5 years)	<b>Riverdale Park</b> Armstrong Rd, Meadowbrook	<b>Ginger Sport</b>  1800 446 437  info@gingersport.com.au	<b>Free</b>
THURSDAY	<b>1:30 pm to 2 pm</b> (School terms only) (2 to 3 years)	<b>Jimboomba Park</b> South St, Jimboomba	<b>Ginger Sport</b>  1800 446 437  info@gingersport.com.au	<b>Free</b>
	<b>2:05 pm to 2:35 pm</b> (School terms only) (4 to 5 years)	<b>Jimboomba Park</b> South St, Jimboomba	<b>Ginger Sport</b>  1800 446 437  info@gingersport.com.au	<b>Free</b>

## Survival in the Bush 😊👶

Join a fun camping adventure – learn how to choose a site, set up camp and tackle surprises. Enjoy damper by the fire as a reward! Please wear sun-safe clothing, a hat, enclosed shoes and bring a water bottle and a snack. **Ages 10+**.

	WHEN	WHERE	CONTACT	COST
<b>SATURDAY</b>	<b>9 am to 12 pm</b> 7 Nov 2026	<b>Daisy Hill Conservation Park</b> Daisy Hill Rd, Daisy Hill	<b>Scouts QLD</b> 📞 0447 427 864 ✉️ sem@scoutsqld.com.au	<b>\$5</b>



# 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 for all skill levels.

SUBURB	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 Coffey Park, Coffey Street
Eagleby	Albert River Park, Ramu Street
Edens Landing	Chatfield Park, Lindau Street Leighton Fields, Loane Drive
Flagstone	Flagstone Regional Park, Flagstonian Drive
Greenbank	Greenbank Recreation Reserve, Middle Road 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, Grand Terrace
Waterford West	Tygun Park, Tygun Road
Windaroo	Activity Park, Ernest Street
Woodridge	Oates Park, Oates Avenue Woodridge Adventure Park, Kingston Road

## Swimming and Water Safety for Kids – Little Lifeguards 😊

This program is designed for the children of parents enrolled in the 6-week swimming for adults program and provides children with valuable skills to be safe in and around water. Please bring swimwear, a swimming cap, goggles, a towel, a water bottle and spare clothes. **Ages 5 to 12 years.**

	WHEN	WHERE	CONTACT	COST
SATURDAY	<b>12:30 pm to 1:30 pm</b>	<b>Gould Adams Park Aquatic Centre</b>	<b>The Aqua English Project</b>	<b>\$2</b>
	25 Jul to 29 Aug 2026, 17 Oct to 21 Nov 2026 (School terms only)	558 Kingston Rd, Kingston	📞 0406 063 737 ✉ info@aquaenglish.com.au	



## Swimming for Adults — 6 weeks

A 6-week program for adults with limited experience, designed for English learners. Gain water safety skills, confidence and a swim certificate. Please bring swimwear, a swimming cap, goggles, a towel, a water bottle and spare clothes. **Ages 16+.**

	WHEN	WHERE	CONTACT	COST
<b>THURSDAY</b>	<b>12 pm to 1:30 pm</b> 23 Jul to 27 Aug 2026, (School terms only)	<b>Gould Adams Park Aquatic Centre</b> 558 Kingston Rd, Kingston	<b>The Aqua English Project</b> ☎ 0406 063 737 ✉ info@aquaenglish.com.au	<b>Free</b>
<b>FRIDAY</b>	<b>12 pm to 1:30 pm</b> 24 Jul to 28 Aug 2026, 16 Oct to 20 Nov 2026 (School terms only)	<b>Logan West Aquatic Centre and Health Club</b> 29 Wineglass Dr, Hillcrest	<b>The Aqua English Project</b> ☎ 0406 063 737 ✉ info@aquaenglish.com.au	<b>Free</b>
<b>SATURDAY</b>	<b>12 pm to 1:30 pm</b> 25 Jul to 29 Aug 2026, 17 Oct to 21 Nov 2026 (School terms only)	<b>Gould Adams Park Aquatic Centre</b> 558 Kingston Rd, Kingston	<b>The Aqua English Project</b> ☎ 0406 063 737 ✉ info@aquaenglish.com.au	<b>Free</b>





## Tennis 😊👶🏻🕒

Enjoy fun, inclusive and beginner-friendly tennis sessions. These modified activities are suitable for all ages and abilities, helping you build confidence, coordination and an active lifestyle in a supportive environment. **Ages 5+.**

	WHEN	WHERE	CONTACT	COST
<b>MONDAY</b>	<b>5 pm to 6 pm</b> (School terms only)	<b>Daisy Hill State School</b> 7 Azalea Ave, Daisy Hill	<b>Smart Tennis Academy</b> 📞 0451 438 394 ✉ info@smarttennisacademy.com	<b>\$5</b>

## Thunder Tots 😊

A program for children to work on motor skills through movement. Please wear enclosed shoes, bring a water bottle and towel. **Ages 2 to 4 years.**

	WHEN	WHERE	CONTACT	COST
<b>TUESDAY</b>	<b>9:30 am to 10:30 am</b> (School terms only)	<b>Cornubia Park Sports Centre</b> 146 Bryants Rd, Shailer Park	<b>Logan Basketball Inc</b> 📞 07 3801 3566 ✉ venuemanager@loganbasketball.com	<b>\$5</b>

## Walking Football

This low-impact slower paced version of football provides physical and mental health benefits and social connection. You'll get active in a fun, safe, inclusive and social environment. Please wear enclosed shoes and bring a water bottle and hat. **Ages 50+.** \*\$10 annual membership fee payable after first 3 sessions.

	WHEN	WHERE	CONTACT	COST
<b>MONDAY</b>	8 am to 10 am	<b>Greenbank Recreation Reserve</b> 720–768 Middle Rd, Greenbank	<b>Greenbank Walking Football</b>  0404 602 524  greenbankwalking football@proton.me	Free*
<b>WEDNESDAY</b>	8 am to 10 am	<b>Greenbank Recreation Reserve</b> 720–768 Middle Rd, Greenbank	<b>Greenbank Walking Football</b>  0404 602 524  greenbankwalking football@proton.me	Free*
<b>FRIDAY</b>	8 am to 10 am	<b>Greenbank Recreation Reserve</b> 720–768 Middle Rd, Greenbank	<b>Greenbank Walking Football</b>  0404 602 524  greenbankwalking football@proton.me	Free* 

## Water Parks in Logan

Keep cool during the warmer months at one of our water parks! These parks provide exciting water play opportunities. **All ages.**

SUBURB	ADDRESS
<b>Logan Central</b>	Logan Gardens, Civic Parade
<b>Undullah</b>	Flagstone Water Play Park, Flagstonian Drive
<b>Yarrabilba</b>	Darlington Parklands, Darlington Drive



*Anyone of any age can play... that's the beauty... I'm in my late 60's and I enjoy it, it's so good.*



Martin on **Pickleball**  
(pg 55)



## 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 walking groups in Logan. Start your own group or walk as an individual with the new Heart Foundation app. Visit: [walking.heartfoundation.org.au](http://walking.heartfoundation.org.au) or phone **13 11 12** to get started today.

WHEN	WHERE	CONTACT
<b>MON TO WED 3:30 pm</b>	<b>Various locations in Daisy Hill</b>	<b>Heart Foundation Walking</b> Jill Wilson ☎ 0408 181 050
<b>MON TO FRI 6 am</b>	<b>Underwood Park</b> 956 Underwood Rd, Priestdale 📍 Meet at lower BMX car park main entrance	<b>Heart Foundation Walking</b> ☎ 0410 330 948 ✉ lorraine.kallis@hotmail.com
<b>MON TO FRI 7 am</b>	<b>Logan Central Plaza</b> Logan Central 📍 Meet at middle entrance near Coolabah Tree Cafe	<b>Heart Foundation Walking</b> ☎ 0412 770 747 ✉ carolgould805@yahoo.com
<b>THU 7:30 am</b>	<b>Hyperdome</b> Corner Pacific Highway and Bryants Rd, Loganholme 📍 Meet at seating area outside TK Maxx & Toymate	<b>Heart Foundation Walking</b> ✉ marketing@hyperdomeshopping.com.au
<b>SUN 7 am</b>	<b>Crestmead Wellness Walkers</b> Crestmead Park, Gimlet St, Crestmead 📍 Meet at the car park	<b>Heart Foundation Walking</b> Roger Shen ✉ regdorcn97@hotmail.com

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# Stretch and move





## Balance and Falls Prevention

Improve balance, stability and prevent falls with this gym-based class. A physiotherapist or exercise physiologist will instruct this class. Please bring a water bottle, towel and any relevant medical information. **Ages 16+.**

	WHEN	WHERE	CONTACT	COST
<b>MONDAY</b>	9 am to 10 am	<b>NorthHab Health</b> 13–17 Julie St, Crestmead	<b>NorthHab Health</b>  07 3803 2100  reception@northhab.com. au	\$5



## Cancer Care Yoga

Gentle movement classes for people living with cancer, focused on restoring flexibility and fascia health to support overall wellbeing before and after surgery. Please bring a water bottle, towel and yoga mat. **Ages 16+.**

	WHEN	WHERE	CONTACT	COST
<b>MONDAY</b>	10 am to 11 am	<b>Logan Artists Association</b> 27 Coral St, Loganlea	<b>The Yoga Partnership</b>  0466 579 708  theyogapartnership@gmail.com	\$5



## Cardio Barre

Cardio Barre fuses mat pilates with ballet-inspired moves to boost heart rate, strength and coordination, set to upbeat music. No dance experience needed. Please bring a water bottle and towel. **Ages 18+.**

	WHEN	WHERE	CONTACT	COST
<b>WEDNESDAY</b>	9:30 am to 10:10 am	<b>Inna Essence Studio</b> Level 1, 3245 Logan Rd, Underwood	<b>Inna Essence</b>  0468 446 444  hello@innaessence.com	\$10



## Independent Movement — Lower Body Exercise Class

A gentle circuit class focused on lower body strength and cardio, led by an experienced allied health practitioner using evidence-based methods. Improve your fitness in a fun, safe environment. Please bring a water bottle and towel. **Ages 50+**.

	WHEN	WHERE	CONTACT	COST
<b>TUESDAY</b>	<b>9 am to 10 am</b>	<b>NorthHab Health</b> 13–17 Julie St, Crestmead	<b>NorthHab Health</b>  07 3803 2100  reception@northhab.com.au	<b>\$5</b>



## Laughter Club

A mix of laughter exercises, yoga breathing and playful movement to boost your physical, emotional and social wellbeing. Reduce stress, enhance mind, mood, body and connect people together. Laughter Club requires zero skill and no flexibility! Please bring a water bottle, towel and yoga mat. **All ages.** \*Gold coin donation appreciated.

	WHEN	WHERE	CONTACT	COST
<b>FRIDAY</b>	<b>6 pm to 7 pm</b> (1st Friday of month)	<b>Beenleigh Neighbourhood Centre</b> 10 James St, Beenleigh	<b>Beenleigh Neighbourhood Centre</b>  07 3287 2840  events@beenleigh.org.au	<b>Free*</b>



## Lunchtime Yoga for Workers

A gentle 45-minute class blending yoga, breathwork and meditation to reset your nervous system and boost afternoon focus. Please bring a water bottle, towel and yoga mat. **Ages 18+**

	WHEN	WHERE	CONTACT	COST
<b>WEDNESDAY</b>	<b>12 pm to 1 pm</b>	<b>Peak Physique Hot Yoga Underwood</b> 6B/2958 Logan Rd, Underwood	<b>Peak Physique</b>  0408 133 075  underwood@peakphysiquehotyoga.com.au	<b>\$5</b>



## Mums and Bubs Pilates

Gentle movement to support post-pregnancy recovery and ease muscular and postural changes. Connect with your baby and other parents. Please bring a towel and baby blanket. **For mums and carers with babies up to crawling age.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	10 am to 11 am	Wellwood Health 3918 Pacific Hwy, Loganholme	Wellwood Health  0415 849 941  info@wellwoodhealth.com	\$5

## Mums and Bubs Yoga

Rebuild strength and stability in this parents and bubs yoga class. Connect with your baby and other parents in a supportive space. Please bring a towel and baby blanket. **For parents and carers with babies up to crawling age.**

	WHEN	WHERE	CONTACT	COST
THURSDAY	10 am to 11 am	Wellwood Health 3918 Pacific Hwy, Loganholme	Wellwood Health  0415 849 941  info@wellwoodhealth.com	\$5








## Pilates

A unique blend of body conditioning that integrates muscle control, breathing, flexibility, strength training and body awareness for the mind and body. Please bring a water bottle and towel.

	WHEN	WHERE	CONTACT	COST
<b>MONDAY</b>	<b>5:30 pm to 6:30 pm</b> (Ages 14+)	<b>Mount Warren Sports and Fitness Centre</b> 2 Milne St, Mount Warren Park	<b>Logan Leisure Centres</b>  07 3094 5401  leisurecentres@logan.qld.gov.au	<b>\$5</b>
<b>WEDNESDAY</b>	<b>9 am to 10 am</b> (Ages 16+)	<b>NorthHab Health</b> 13–17 Julie St, Crestmead	<b>NorthHab Health</b>  07 3803 2100  reception@northhab.com.au	<b>\$5</b>
<b>THURSDAY</b>	<b>6:45 pm to 7:30 pm</b> (Ages 14+)	<b>Logan North Fitness Centre</b> 2 Sports Dr, Underwood	<b>City Venue Management</b>  07 3541 6150  logannorth@cityhealthclubs.com.au	<b>\$5</b>





## Pilates (Chair)

A chair-based and standing class focused on alignment, mobility and strength to support balance and prevent falls. Ideal for older adults or anyone concerned about stability. Please bring a water bottle and towel.

	WHEN	WHERE	CONTACT	COST
<b>TUESDAY</b>	<b>11:30 am to 12:30 pm</b> (Ages 12+)	<b>Wellwood Health</b> 3918 Pacific Hwy, Loganholme	<b>Wellwood Health</b>  0415 849 941  info@wellwoodhealth.com	<b>\$5</b>
<b>FRIDAY</b>	<b>11:10 am to 12 pm</b> (Ages 18+)	<b>Inna Essence Studio</b> Level 1, 3245 Logan Rd, Underwood	<b>Inna Essence</b>  0468 446 444  hello@innaessence.com	<b>\$10</b> 

## Pilates (Mat)







A floor-based activity that integrates muscle control, breathing, flexibility, strength training and body awareness, in a series of movements that engage the body and mind. Please bring a water bottle and towel. **Ages 14+.**

	WHEN	WHERE	CONTACT	COST
MONDAY	7 am to 8 am	<b>Peak Physique Hot Yoga Underwood</b> 6B/2958 Logan Rd, Underwood	<b>Peak Physique</b>  0408 133 075  underwood@ peakphysiquehotyoga. com.au	<b>\$5</b>
	10:30 am to 11:30 am	<b>Logan Metro Fitness Centre</b> 357 Browns Plains Rd, Crestmead	<b>Logan Leisure Centres</b>  07 3081 6622  leisurecentres@logan.qld. gov.au	<b>\$5</b>





## Pilates (Mat, Child Friendly)

For parents and caregivers to build strength, flexibility and posture while supervising their child. Low-impact and effective using body weight and small props. Children stay nearby as you move. Please bring a water bottle and towel. **Ages 18+.**

	WHEN	WHERE	CONTACT	COST
<b>MONDAY</b>	<b>5:10 pm to 5:50 pm</b>	<b>Inna Essence Studio</b> Level 1, 3245 Logan Rd, Underwood	<b>Inna Essence</b>  0468 446 444  hello@innaessence.com	<b>\$10</b> 
<b>TUESDAY</b>	<b>10:15 am to 10:55 am</b>	<b>Inna Essence Studio</b> Level 1, 3245 Logan Rd, Underwood	<b>Inna Essence</b>  0468 446 444  hello@innaessence.com	<b>\$10</b> 



## Pilates (Parkinson's and MS)

For people with neurological conditions like Parkinson's and MS, this class supports flexibility, balance, coordination, breathing and stress relief in a fun, supportive setting. Carers welcome for free. Please bring a water bottle and towel. **Ages 12+.**

	WHEN	WHERE	CONTACT	COST
<b>THURSDAY</b>	<b>11:30 am to 12:30 pm</b>	<b>Wellwood Health</b> 3918 Pacific Hwy, Loganholme	<b>Wellwood Health</b>  0415 849 941  info@wellwoodhealth.com	<b>\$5</b>



## Qi Gong (Chinese Yoga)

Qi Gong practice involves moving meditation, coordinating slow-flowing movement, deep rhythmic breathing and a calm meditative state of mind. Please bring a water bottle and wear comfortable clothes and shoes. **Ages 18+.**

	WHEN	WHERE	CONTACT	COST
<b>TUESDAY</b>	<b>3 pm to 4 pm</b>	<b>Logan West Aquatic Centre</b> 29 Wineglass Dr, Hillcrest	<b>Shaolin Kung Fu Guan</b>  0421 356 606  shaolinkungfuguan@hotmail.com	<b>Free</b>



## Qigong and Taiji

Traditional Shaolin Qigong and Taiji with slow, rhythmic movements to reduce stress and improve strength, balance and mobility. Please bring a water bottle, wear sunscreen, a hat, enclosed shoes and comfortable clothing. **Ages 18+.**

	WHEN	WHERE	CONTACT	COST
<b>WEDNESDAY</b>	<b>9:30 am to 10:30 am</b>	<b>Tygun Park</b> Park Rd, Waterford West	<b>Empyrean Internal and Esoteric Arts</b>  0491 111 451  arts.emyrean@gmail.com	<b>\$5</b>


## Relax and Meditate

A practical workshop to help you build a meditation practice that reduces stress, improves focus and supports emotional wellbeing. Please bring a water bottle, towel and yoga mat. **Ages 12+.**

	WHEN	WHERE	CONTACT	COST
<b>FRIDAY</b>	<b>6:45 pm to 7:45 pm</b> (3rd Friday of month)	<b>Bethania Community Centre</b> 88–118 Station Rd, Bethania	<b>Australian School of Meditation and Yoga</b>  0403 262 069  amit@asmy.org.au	<b>Free</b>














## Sunset 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.

	WHEN	WHERE	CONTACT	COST
<b>TUESDAY</b>	<b>5:30 pm to 6:30 pm</b> 6 Oct to 8 Dec 2026	<b>Everleigh Park</b> Everleigh Dr, Greenbank	<b>Enriching Communities</b>  0448 884 038	<b>Free</b>



## Tai Chi

Tai Chi can enhance balance, strength and coordination. Improve flexibility as well as physical and mental wellbeing with these classes. Please wear enclosed shoes, bring a water bottle and towel.

	WHEN	WHERE	CONTACT	COST
MONDAY	<b>8 am to 9 am</b> 7 Sep to 7 Dec 2026 (Ages 18+)	<b>Regents Park</b> Bennett Dr, Regents Park	<b>Logan Tai Chi</b>  0466 954 646  admin@logantaichi.au	<b>\$5</b>
	<b>9 am to 10 am</b> 6 Jul to 31 Aug 2026 (Ages 18+)	<b>Regents Park</b> Bennett Dr, Regents Park	<b>Logan Tai Chi</b>  0466 954 646  admin@logantaichi.au	<b>\$5</b>
	<b>10 am to 11 am</b> (All ages)	<b>Ben Matthews Playground</b> 47–55 Ellen St, Logan Central	<b>Amputees Queensland Inc.</b>  07 3290 4293  lynda@afsg.org.au	<b>Free</b> 
THURSDAY	<b>7:45 am to 8:45 am</b> (Ages 18+)	<b>JJ Smith Oval</b> 145 Teviot Rd, Greenbank	<b>Logan Tai Chi</b>  0466 954 646  admin@logantaichi.au	<b>\$5</b>
	<b>9:30 am to 10:30 am</b> (Ages 18+)	<b>Jimboomba Library – Community Room</b> 18–22 Honora St, Jimboomba	<b>Logan Tai Chi</b>  0466 954 646  admin@logantaichi.au	<b>\$5</b>
FRIDAY	<b>8 am to 9 am</b> (Ages 18+)	<b>Logan Village Lions Club</b> 21–23 Wharf St Logan Village	<b>Logan Tai Chi</b>  0466 954 646  admin@logantaichi.au	<b>\$5</b>

## Yin Yoga & Soundbath

A slow-paced, gentle form of yoga that works with postures to increase mobility, mobilise, stretch and hydrate the body's extensive fascial network and invite the participant into a meditative internal space. Please bring a water bottle, yoga mat and towel. **All ages.**

	WHEN	WHERE	CONTACT	COST
THURSDAY	<b>7 pm to 8 pm</b>	<b>Girl Guide Hut Shailer Park</b> 381 Chatswood Rd, Shailer Park	<b>Inside Retreats</b>  0415 841 973  info@insideretreats.com.au	<b>\$5</b>

## Yoga

A unique blend of body conditioning that integrates muscle control, breathing, flexibility, strength training and body awareness for the mind and body. Please bring a water bottle and towel. **Ages 14+.**

	WHEN	WHERE	CONTACT	COST
<b>TUESDAY</b>	<b>6 pm to 7 pm</b>	<b>Mount Warren Sports and Fitness Centre</b> 2 Milne St, Mount Warren Park	<b>Logan Leisure Centres</b>  07 3094 5401  leisurecentres@logan.qld.gov.au	<b>\$5</b>
<b>THURSDAY</b>	<b>10:30 am to 11:30 am</b>	<b>Mount Warren Sports and Fitness Centre</b> 2 Milne St, Mount Warren Park	<b>Logan Leisure Centres</b>  07 3094 5401  leisurecentres@logan.qld.gov.au	<b>\$5</b>








## Yoga (Chair)

A gentle, chair-based yoga class using props for support – ideal for those with injuries or limited mobility. Improve flexibility, strength and relax the mind. Please bring a water bottle and towel.

	WHEN	WHERE	CONTACT	COST
<b>MONDAY</b>	<b>10:45 am to 11:45 am</b> (Ages 18+)	<b>Inna Essence Studio</b> Level 1, 3245 Logan Rd, Underwood	<b>Inna Essence</b>  0468 446 444  hello@innaessence.com	<b>\$10</b> 
	<b>11:30 am to 12:30 pm</b> (Ages 12+)	<b>Wellwood Health</b> 3918 Pacific Hwy, Loganholme	<b>Wellwood Health</b>  0415 849 941  info@wellwoodhealth.com	<b>\$5</b> 
<b>TUESDAY</b>	<b>1 pm to 2 pm</b> (Ages 50+)	<b>Caddies Community Centre</b> 19–33 South St, Jimboomba	<b>The Yoga Partnership</b>  0466 579 708  theyogapartnership@gmail.com	<b>\$5</b> 



## Yoga (Gentle)

This yoga class is great for all levels, including pregnancy. It focuses on breath work, stretching, balance and meditation. Please bring a water bottle, towel and yoga mat.

	WHEN	WHERE	CONTACT	COST
MONDAY	<b>9:30 am to 10:30 am</b> (Ages 18+)	<b>Inna Essence Studio</b> Level 1, 3245 Logan Rd, Underwood	<b>Inna Essence</b>  0468 446 444  hello@innaessence.com	<b>\$10</b> 
	<b>6 pm to 7 pm</b> (Ages 15+)	<b>Logan Central Community Centre</b> 9–11 Jacaranda Ave, Logan Central	<b>Yoga and More Studio</b>  0432 662 154  katie@qtimefitness.com	<b>\$5</b>
WEDNESDAY	<b>9 am to 10 am</b> (School terms only) (Ages 15+)	<b>Marsden &amp; District Progress Association Community Hall</b> 127 Third Ave, Marsden	<b>Yoga and More Studio</b>  0432 662 154  katie@qtimefitness.com	<b>\$5</b>



## Yoga (Mindful Movement)

This class is designed to help alleviate aches and pains from the strains of work and we will move and breathe into a calmer state. The class will give you tools to help support you mentally and physically in the demands of life. **Ages 18+.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	<b>4:30 pm to 5:30 pm</b> (School terms only)	<b>Beenleigh Neighbourhood Centre</b> 10 James St, Beenleigh	<b>The Yoga Partnership</b>  0466 579 708  theyogapartnership@gmail.com	<b>\$5</b>

## Yoga (Over 50's)

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. Please bring a water bottle, towel and yoga mat. **Ages 50+.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	<b>9:30 am to 10:30 am</b>	<b>Beenleigh Neighbourhood Centre</b> 10 James St, Beenleigh	<b>Trishna Peacock</b>  0415 845 369  trishnapeacock@gmail.com	<b>\$10</b>

## Yoga (Warm Yin) Ⓣ

Yin Yoga is a slow-paced style of yoga that targets the deep connective tissues of the body, such as the fascia, ligaments and joints. Please bring a water bottle, towel and yoga mat. **Ages 18+.**

	WHEN	WHERE	CONTACT	COST
<b>SUNDAY</b>	9 am to 10 am	<b>Peak Physique Hot Yoga Underwood</b> 6B/2958 Logan Rd, Underwood	<b>Peak Physique</b> ☎ 0408 133 075 ✉ underwood@ peakphysiquehotyoga. com.au	<b>\$5</b>

## Zen Ⓣ

Combining the body awareness and asanas of yoga with the core conditioning and stability of Pilates. Lengthen, strengthen and define muscles whilst relaxing the mind. Please bring a water bottle and towel. **Ages 14+.**

	WHEN	WHERE	CONTACT	COST
<b>SATURDAY</b>	8:15 am to 9:15 am	<b>Logan North Fitness Centre</b> 2 Sports Dr, Underwood	<b>City Venue Management</b> ☎ 07 3541 6150 ✉ logannorth@ cityhealthclubs.com.au	<b>\$5</b>



# Program Categories and Activity Definitions

## Program categories:

**Fitness activities** are to get your heart pumping, strengthen your muscles and have fun.

**Health and wellbeing activities** help you to learn more about your body and mind and give you the skills to look after yourself and others around you. Learn how to feel happy, healthy, connected and purposeful.

**Sport, recreation and outdoor activities** are for people who love to try something new, get adventurous and enjoy being active. Trying new things and spending time outside is great for your physical and mental health.

**Stretch and move classes** give you the opportunity to get your body moving in any way you can. Improve your health and fitness without breaking a sweat.

## Activity symbols:

- ⬇️ — **Low-intensity** and give you the opportunity to get your body moving.
- 😊 — Suitable for **children or for families** to enjoy together.
- 👤 — Suitable for **young people** aged 12 to 25.
- 👴 — Suitable for **older adults** to enjoy.
- 📖 — Activities which show you how to create a variety of meals, learn tips and tricks as well as **nutrition information**.
- 🌟 — Only promoted, **not funded** by Active & Healthy.

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Active & 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](http://logan.qld.gov.au/healthy)

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## Disclaimer

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

Information contained in this program is correct at the time of printing and is subject to change. All content accurate as of June 2026.



## Have you participated in an Active & Healthy activity?

Help us make our program better by sharing your feedback:

Contact us:

☎ 07 3412 3412

✉ [healthy@logan.qld.gov.au](mailto:healthy@logan.qld.gov.au)

Take our  
online  
survey:



**Logan City Council**

📍 150 Wembley Road  
Logan Central

☎ 07 3412 3412

✉ [council@logan.qld.gov.au](mailto:council@logan.qld.gov.au)



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

