

Active & Healthy

July 2025 – June 2026

Free and low-cost health and
wellbeing activities in Logan



CITY OF
LOGAN

Fitness



16

Health and wellbeing



34

Community Gardens in Logan 40

Off-leash Dog Parks in Logan 46

Sport, recreation and outdoors



48

Stretch and move



72

Environment Events and Activities 58

Skate Parks in Logan 64

Water Parks in Logan 70

Dear Active & Healthy participants,

Looking after your physical and mental health has never been more important. Regular exercise can relieve stress, improve memory, help you sleep better and boost your overall mood. That's why we're proud to bring you our new and improved Active & Healthy program for 2025/2026.

Our program has over 200 free and low-cost weekly and one-off activities that promote good health and physical activity. The new program categories include 90 types of activities, so you can swim, dance, cook, stretch or run to a healthy you.

Use the categories to find something you enjoy. There's plenty on offer for everybody across:

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

Between your old favourites and new activities, there's something for everyone to enjoy in Active & Healthy for 2025/2026.

To stay safe and healthy at our activities, please follow rules or guidelines set by the health authorities and Active & Healthy providers.

Keep up to date with changes to activities by visiting logan.qld.gov.au/healthy

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

We hope you enjoy our 2025/2026 program!

The Active & Healthy team

Acknowledgement of Country

Logan City Council acknowledge 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/43i2uOH or scan the QR code.



Competition terms and conditions are available at logan.qld.gov.au/active-healthy-comp



Things you need to know

- Activities are delivered from:
 - Tuesday 1 July 2025 to Tuesday 30 June 2026 unless otherwise specified.
- Activities will not run on public holidays
- Please contact the activity provider for enquiries and to make a booking
- In the event of bad weather, please contact the activity provider to check if the activity will be cancelled
- Find changes and updates to the program at logan.qld.gov.au/active-healthy-program

- For most activities, you'll need to:
 - wear comfortable clothing or active/swim wear and bring a towel
 - bring a hat and sunscreen for outdoor activities
 - wear enclosed shoes
 - bring a water bottle

To participate in activities, you are required to complete a registration form every 3 months.

These forms are available from the activity provider, at logan.qld.gov.au/active-healthy-program or scan the QR code.



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 34.

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 48.

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 72.

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** between 12 to 25 years old.
- Ⓢ – 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

- ⊕ – Low-intensity
Ⓜ – Young people
ⓘ – Nutrition and cooking
- 😊 – Children and families
Ⓢ – Older adults
★ – Promoted

Monday				
TIME	ACTIVITY	SUBURB	PAGE	
6 am	● Walking Groups 😊 Ⓜ Ⓢ ★	Priestdale	71	
7 am	● Walking Groups 😊 Ⓜ Ⓢ ★	Logan Central	71	
	● Men's Shed Ⓢ ★	Hillcrest	43	
8 am	● FREE Type 2 Diabetes Prevention Program Ⓢ ★	Meadowbrook	37	
	● FREE Type 2 Diabetes Program Ⓢ ★	Meadowbrook	38	
	● Men's Shed Ⓢ ★	Beenleigh	43	
	● Men's Shed Ⓢ ★	Logan Village	43	
	● Men's Shed Ⓢ ★	North MacLean	43	
	● Tai Chi ⊕ Ⓢ	Regents Park	80	
	● Walking Football ⊕ Ⓢ	Greenbank	70	
8:30 am	● Pickleball 😊 Ⓜ Ⓢ	Mount Warren Park	63	
8:50 am	● Dance (Tiny Tots) 😊	Rochedale South	57	
9 am	● Balance and Falls Prevention ⊕	Crestmead	73	
	● Croquet ⊕ Ⓢ	Eagleby	53	
	● Tai Chi ⊕ Ⓢ	Regents Park	80	
9:30 am	● Gentle Circuit ⊕	Springwood	23	
	● Low Impact Fitness ⊕	Hillcrest	25	
	● Restorative Yoga ⊕ Ⓜ Ⓢ	Shailer Park	79	
	● Yoga (Gentle) ⊕ ★	Underwood	83	
	● Zumba Gold Ⓜ Ⓢ	Beenleigh	30	
10 am	● Cancer Care Yoga ⊕	Loganlea	73	
	● Playgroup 😊 ★	Berrinba	44	

☺ – Low-intensity

Y – Young people

i – Nutrition and cooking


☺ – Children and families

S – Older adults


☆ – Promoted

Monday

TIME	ACTIVITY	SUBURB	PAGE
10:30 am	● Chair Exercise ☺ ☺ Y S	Slacks Creek	21
	● Gentle Exercise ☺	Mount Warren Park	24
	● Pilates (Mat) ☺	Crestmead	77
10:45 am	● Yoga (Chair) ☺ ☆	Underwood	82
11:30 am	● Chair Aerobics ☺ ☆	Kingston	20
	● Gentle Exercise ☺	Underwood	24
	● Yoga ☺	Bahrs Scrub	82
	● Yoga (Chair) ☺ S	Loganholme	82
1 pm	● Dance (Beginner Line Dancing) ☆	Kingston	54
3:30 pm	● Walking Groups ☺ Y S ☆	Daisy Hill	71
4 pm	● Basketball Y ☆	Greenbank	50
	● Basketball – Beginner Skills Program ☺	Shailer Park	50
5 pm	● Run Group ☆	Berrinba	63
5:10 pm	● Pilates (Mat, Child Friendly) ☺ ☆	Underwood	77
5:30 pm	● Pilates ☺	Mount Warren Park	76
6 pm	● Bootcamp for Families ☺	Waterford West	18
	● Pole Fitness	Loganholme	27
	● Yin Yoga and Soundbath ☺	Shailer Park	81
	● Yoga (Gentle) ☺	Logan Central	83
	● Zumba Gold ☆	Springwood	30
6:30 pm	● Step Class	Slacks Creek	29

 – Low-intensity

 – Children and families

















































 – Young people

 – Older adults

 – Nutrition and cooking

 – Promoted

Tuesday

TIME	ACTIVITY	SUBURB	PAGE
5:45 am	● Hot 26/2 Express (Yoga)	Underwood	74
6 am	● Walking Groups    	Priestdale	71
6:15 am	● Gentle Movement 	Logan Central	25
7 am	● Walking Groups    	Logan Central	71
	● Men's Shed  	Hillcrest	43
8 am	● FREE Type 2 Diabetes Prevention Program  	Meadowbrook	37
	● FREE Type 2 Diabetes Program  	Meadowbrook	38
	● Men's Shed  	Beenleigh	43
8:15 am	● Fit Over 50's  	Rosedale South	23
8:30 am	● Seniors Functional Fitness 	Bethania	29
9 am	● Bushwalking  	Springwood	51
	● Camping Skills  	Marsden	52
	● Independent Movement – Lower Body Exercise Class  	Crestmead	74
	● Social Group for Men  	Eagleby	45
	● Women's Shed  	Logan Village	45
9:30 am	● Adaptive Aqua Adventure  	Carbrook	49
	● Babies Day Out  	Berrinba	35
	● Laughter Yoga for Wellbeing	Springwood	42
	● Survival in the Bush  	Daisy Hill	67
	● Tai Chi   	Logan Central	80
	● Thunder Tots 	Shailer Park	70
	● Yoga (Over 50's)   	Beenleigh	84
10 am	● CANmove 	Waterford West	20
	● Mums and Bubs Pilates  	Loganholme	75
	● Social Group for Women  	Eagleby	45

⊕ – Low-intensity

Y – Young people

i – Nutrition and cooking

😊 – Children and families

S – Older adults

☆ – Promoted

Tuesday

TIME	ACTIVITY	SUBURB	PAGE
10:15 am	● Pilates (Mat, Child Friendly) ⊕ ⊕	Underwood	77
10:30 am	● Gentle Exercise ⊕	Crestmead	24
	● Zumba Gold Y S	Mount Warren Park	30
11:30 am	● Move More ⊕ S	Underwood	26
	● Pilates (Chair) ⊕	Loganholme	77
12 pm	● Adult and Seniors Cooking Club S i	Slacks Creek	35
12:45 pm	● Hydrotherapy ⊕ S	Kingston	39
1 pm	● Family History S ☆	Logan Village	36
	● Yoga (Chair) ⊕ S	Jimboomba	82
1:30 pm	● Boost Your Fitness ⊕ S	Logan Village	17
	● Soccer for Kids 😊	Priestdale	66
2:05 pm	● Soccer for Kids 😊	Priestdale	66
3 pm	● Qi Gong (Chinese Yoga) ⊕	Hillcrest	78
3:30 pm	● Active Kids 😊	Kingston	17
	● Family Nature Yoga and Mindfulness ⊕ 😊	Springwood	37
	● Walking Groups 😊 Y S ☆	Daisy Hill	71
3:40 pm	● Bootcamp for Kids (Juniors) 😊	Slacks Creek	19
4:45 pm	● Run Group ☆	Berrinba	63
5:30 pm	● Sunset Yoga ☆	Greenbank	80
6 pm	● Women's Empowerment Self Defence	Yarrabilba	45
	● Yoga ⊕	Mount Warren Park	82
6:15 pm	● Dance (Adults Ballet)	Rosedale South	53
7:15 pm	● Dance (Adults Ballroom – DanceSport)	Rosedale South	54

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Wednesday

TIME	ACTIVITY	SUBURB	PAGE
5 am	● Run Group ☺ ★	Berrinba	63
6 am	● Walking Groups ☺ Y S ★	Priestdale	71
7 am	● Walking Groups ☺ Y S ★	Logan Central	71
	● Men's Shed S ★	Hillcrest	43
8 am	● FREE Type 2 Diabetes Prevention Program S ★	Meadowbrook	37
	● FREE Type 2 Diabetes Program S ★	Meadowbrook	38
	● Men's Shed S ★	Crestmead	43
	● Men's Shed S ★	Logan Village	43
	● Men's Shed S ★	North MacLean	43
	● Men's Shed S ★	Park Ridge	43
	● Walking Football ☺ S	Greenbank	70
8:30 am	● Golf Fore Women ☺	Windaroo	60
	● Pickleball ☺ Y S	Mount Warren Park	63
8:40 am	● Mum and Kid Fitness ☺	Yarrabilba	26
9 am	● Bushwalking ☺ Y	Springwood	51
	● Camping Skills ☺ Y	Marsden	52
	● Pilates ☺	Crestmead	76
	● Playgroup ☺ ★	Greenbank	44
	● Yoga (Gentle) ☺	Marsden	83
9:30 am	● Cardio Barre ☺ ★	Underwood	73
	● Dance (Bellydance) ☺ Y S	Slacks Creek	55
	● Qigong and Taiji ☺ S	Waterford West	78
	● Survival in the Bush ☺ Y	Daisy Hill	67
	● Yoga for Emotional Wellbeing Class ☺	Cornubia	84
	● Zumba Gold Y S	Beenleigh	30

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Wednesday

TIME	ACTIVITY	SUBURB	PAGE
10 am	● Healthy Ageing Hub S ☆	Logan Central	39
	● Messy Wednesdays ☺ ☆	Berrinba	43
10:30 am	● Chair Exercise ☺ ☺ Y S	Slacks Creek	21
	● Gentle Exercise ☺	Mount Warren Park	24
	● Zumba Gold Y S	Crestmead	30
1 pm	● Lunchtime Yoga for Workers ☺	Underwood	75
1:30 pm	● Soccer for Kids ☺	Meadowbrook	66
2:05 pm	● Soccer for Kids ☺	Meadowbrook	66
3:30 pm	● Walking Groups ☺ Y S ☆	Daisy Hill	71
4:45 pm	● Run Group ☆	Berrinba	63
6 pm	● Outdoor Group Fitness Class	Waterford	26
	● Pole Fitness – Beginner	Hillcrest	28
	● Zumba Toning ☆	Springwood	31

Thursday

TIME	ACTIVITY	SUBURB	PAGE
6 am	● Walking Groups ☺ Y S ☆	Priestdale	71
7 am	● Walking Groups ☺ Y S ☆	Logan Central	71
7:30 am	● Walking Groups ☺ Y S ☆	Loganholme	71
7:45 am	● Tai Chi ☺ S	Greenbank	80
8 am	● FREE Type 2 Diabetes Prevention Program S ☆	Meadowbrook	37
	● FREE Type 2 Diabetes Program S ☆	Meadowbrook	38
	● Men's Shed S ☆	Beenleigh	43
	● Men's Shed S ☆	Crestmead	43
	● Men's Shed S ☆	Park Ridge	43

☺ – Low-intensity

😊 – Children and families

👤 – Young people

👤 – Older adults

📖 – Nutrition and cooking

🌟 – Promoted

Thursday

TIME	ACTIVITY	SUBURB	PAGE
8:15 am	● Fit Over 50's 📖 🌟	Rosedale South	23
9 am	● Bushwalking 😊 👤	Springwood	51
	● Camping Skills 😊 👤	Marsden	52
	● Women's Shed 📖 🌟	Logan Village	45
9:30 am	● Bush Kindy/Playgroup 😊	Bahrs Scrub	51
	● Fun and Fit Over 50 📖 🌟	Logan Central	38
	● Survival in the Bush 😊 👤	Daisy Hill	67
9:30 am	● Tai Chi ☺ 📖	Jimboomba	80
	● Zumba Gold ☺	Chambers Flat	30
10 am	● Coffee Group for Seniors 📖 🌟	Greenbank	36
	● Mums and Bubs Yoga ☺ 😊	Loganholme	76
10:30 am	● Gentle Exercise ☺	Underwood	24
	● Yoga ☺	Mount Warren Park	82
10:45 am	● Fun and Fit Over 50 📖 🌟	Logan Central	38
11:30 am	● Chair Aerobics ☺ 🌟	Kingston	20
	● Pilates (Parkinson's and MS) ☺	Loganholme	78
12 pm	● Swimming for Adults – 6 weeks	Kingston	69
1:30 pm	● Soccer for Kids 😊	Jimboomba	66
2:05 pm	● Soccer for Kids 😊	Jimboomba	66
3:30 pm	● Active Kids 😊	Kingston	17
3:40 pm	● Bootcamp for Kids (Seniors) 👤	Slacks Creek	19
4:45 pm	● Run Group 🌟	Berrinba	63
5:30 pm	● Bootcamp 😊 👤	Crestmead	18
6 pm	● Bootcamp 🌟	Greenbank	18
	● Family Drug Support ☺	Eagleby	36
	● Yoga (Gentle) ☺	Logan Central	83

Ⓛ – Low-intensity

Ⓨ – Young people

Ⓜ – Nutrition and cooking

Ⓢ – Children and families

Ⓟ – Older adults

★ – Promoted

Thursday

TIME	ACTIVITY	SUBURB	PAGE
6:15 pm	● Dance (Ballet)	Loganholme	54
6:30 pm	● Dance (Hip Hop)	Loganholme	57
	● Pole Fitness	Loganholme	27
6:45 pm	● Pilates Ⓛ	Underwood	76
7 pm	● Dance (Jazz)	Loganholme	56
7:45 pm	● Dance (Tap)	Loganholme	56

Friday

TIME	ACTIVITY	SUBURB	PAGE
5 am	● Run Group ★	Berrinba	63
6 am	● Walking Groups Ⓢ Ⓨ Ⓟ ★	Priestdale	71
7 am	● Men's Shed Ⓢ ★	Hillcrest	43
	● Walking Groups Ⓢ Ⓨ Ⓟ ★	Logan Central	71
8 am	● FREE Type 2 Diabetes Prevention Program Ⓢ ★	Meadowbrook	37
	● FREE Type 2 Diabetes Program Ⓢ ★	Meadowbrook	38
	● Men's Shed Ⓢ ★	Beenleigh	43
	● Men's Shed Ⓢ ★	Crestmead	43
	● Men's Shed Ⓢ ★	Logan Village	43
	● Men's Shed Ⓢ ★	North MacLean	43
	● Tai Chi Ⓛ Ⓢ	Logan Village	80
	● Walking Football Ⓛ Ⓢ ★	Greenbank	70
8:30 am	● Seniors Functional Fitness Ⓢ	Bethania	29
9 am	● Gentle Circuit Ⓛ	Crestmead	23

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

Friday

TIME	ACTIVITY	SUBURB	PAGE
9:30 am	● Dance (Bellydance) ☺ ☹ ☺	Loganlea	55
	● Mothers Walking Group (Mums and Bubs) ☺ ☹	Shailer Park	44
	● Rooftop Yoga	Loganholme	79
	● Zumba Gold ☹ ☺	Logan Central	30
10 am	● CANmove ☺	Waterford West	20
10:30 am	● Gentle Exercise ☺	Mount Warren Park	24
10:45 am	● Move More ☺ ☺	Crestmead	26
12 pm	● Exercise for Parkinson's ☺	Underwood	22
	● Lung Power ☺	Crestmead	25
	● Swimming for Adults – 6 Weeks	Hillcrest	69
1:30 pm	● Boost Your Fitness ☺ ☺	Logan Village	17
	● Exercise for Parkinson's ☺	Crestmead	22
5:30 pm	● Yoga (Hatha) ☺	Bethania	83
6:30 pm	● Weight Lifting for Beginners	Slacks Creek	29
6:45 pm	● Relax and Meditate ☺	Bethania	79

Saturday

TIME	ACTIVITY	SUBURB	PAGE
7 am	● Bootcamp for Families ☺	Waterford West	18
	● Parkrun ☺ ☹ ☺ ☹	Berrinba	63
	● Parkrun ☺ ☹ ☺ ☹	Yarrabilba	63
	● Parkrun ☺ ☹ ☺ ☹	Beenleigh	63
	● Parkrun ☺ ☹ ☺ ☹	Meadowbrook	63
	● Parkrun ☺ ☹ ☺ ☹	Greenbank	63
	● Parkrun ☺ ☹ ☺ ☹	Priestdale	63

☺ – Low-intensity

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☆ – Promoted

Saturday

TIME	ACTIVITY	SUBURB	PAGE
7:10 am	● Extreme Hip Hop Step	Crestmead	23
8 am	● Badminton (Social) ☺ Y S ☆	Logan Central	49
	● Boxing Bootcamp	Slacks Creek	19
	● Men's Shed S ☆	Crestmead	43
8:15 am	● Zen (Warm Yin) ☺	Underwood	85
8:30 am	● Dance (Tiny Dance) ☺	Loganholme	57
	● Yoga (Hatha) ☺	Greenbank	83
9 am	● Native Plant Gardening	Yarrabilba	61
9:30 am	● Introduction to Martial Arts	Daisy Hill	61
10 am	● Women's Shed S ☆	Logan Village	45
12 pm	● Swimming for Adults – 6 weeks	Kingston	69
12:30 pm	● Swimming and Water Safety for Kids – Little Lifeguards ☺	Kingston	68

Sunday

TIME	ACTIVITY	SUBURB	PAGE
8:30 am	● Golf Fore Women ☺	Windaroo	60
9 am	● Nature Smartphone Photography	Yarrabilba	61
	● Yoga (Warm Yin) ☺	Underwood	84
10 am	● Meditation Workshop ☺	Greenbank	42

Activity wish list

Jot down your favourite activities, dates and times.

Fitness



Bootcamp for Kids (Seniors) – PHIITKID Fitness

Active Kids 😊

A tailored fitness program that promotes active and healthy living for kids. Please bring a water bottle and towel. **Suitable for those aged 5 to 12 years. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	3:30 pm to 4:30 pm 15 Jul 2025 to 9 Dec 2025 (School terms only) (5 to 8 years)	CrossFit COAH 2 Stone Ct, Kingston	CrossFit COAH ☎ 0422 392 364 ✉ jen@crossfitcoah.com 🌐 crossfitcoah.com/coahkids	\$5
THURSDAY	3:30 pm to 4:30 pm 17 Jul 2025 to 11 Dec 2025 (School terms only) (9 to 12 years)	CrossFit COAH 2 Stone Ct, Kingston	CrossFit COAH ☎ 0422 392 364 ✉ jen@crossfitcoah.com 🌐 crossfitcoah.com/coahkids	\$5

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. **Suitable for those aged 50 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	1:30 pm to 2:30 pm 1 Jul 2025 to 30 Jun 2026	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 4 Jul 2025 to 26 Jun 2026	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. **Suitable for those aged 14 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
THURSDAY	5:30 pm to 6:30 pm 3 Jul 2025 to 25 Jun 2026	Logan Metro Fitness Centre 357 Browns Plains Rd, Crestmead	Logan Leisure Centres ☎ 07 3081 6622 ✉ leisurecentres@logan.qld.gov.au	\$5 😊 ☺
	6 pm to 7 pm 17 Jul to 18 Sep 2025, 9 Oct to 11 Dec 2025, 29 Jan to 2 Apr 2026, 23 Apr to 25 Jun 2026	Everleigh Park Everleigh Dr, Greenbank	Enriching Communities ☎ 0448 884 038 🌐 lccqld.com/enriching-communities-greenbank	Free ★

Bootcamp for Families 😊

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

	WHEN	WHERE	CONTACT	COST
MONDAY	6 pm to 7 pm 7 Jul 2025 to 29 Jun 2026	Marsden State High School 106–130 Muchow Rd, Waterford West	SilverBackZ Association ☎ 0410 848 345 ✉ info@silverbackz.com.au	\$2 (free for U12's)
SATURDAY	7 am to 8 am 5 Jul 2025 to 27 Jun 2026	Marsden State High School 106–130 Muchow Rd, Waterford West	SilverBackZ Association ☎ 0410 848 345 ✉ info@silverbackz.com.au	\$2 (free for U12's)



Bootcamp for Kids (Juniors) 😊

Get the kids moving through physical activity to help promote an active and healthy lifestyle and build confidence and friendships. Please bring a water bottle and towel. **Suitable for those aged 5 to 11 years. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	3:40 pm to 4:25 pm 15 Jul 2025 to 23 Jun 2026 (School terms only)	PHIITKID Fitness Unit 1/9 Cronulla Ct, Slacks Creek	PHIITKID Fitness Management ☎ 0431 632 130 ✉ phiitkidfitness@gmail.com	\$5

Bootcamp for Kids (Seniors) 🙋

Get the kids moving through physical activity to help promote an active and healthy lifestyle and build confidence and friendships. Please bring a water bottle and towel. **Suitable for those aged 12 to 15 years. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
THURSDAY	3:40 pm to 4:25 pm 17 Jul 2025 to 25 Jun 2026 (School terms only)	PHIITKID Fitness Unit 1/9 Cronulla Ct, Slacks Creek	PHIITKID Fitness Management ☎ 0431 632 130 ✉ phiitkidfitness@gmail.com	\$5





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. **Suitable for those aged 16 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
SATURDAY	8 am to 9 am 19 Jul 2025 to 20 Jun 2026 (School terms only)	PHIITKID Fitness Unit 1/9 Cronulla Ct, Slacks Creek	PHIITKID Fitness Management ☎ 0431 632 130 ✉ phiitkidfitness@gmail.com	\$5

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. **Suitable for all ages.**
Bookings essential.

	WHEN	WHERE	CONTACT	COST
TUESDAY	10 am to 11 am 1 Jul 2025 to 30 Jun 2026	Fizzio for Life 1/22 Loganlea Rd, Waterford West	Fizzio for Life  07 3805 3223  enquiries@ fizzioforlife.com.au	\$5
FRIDAY	10 am to 11 am 4 Jul 2025 to 26 Jun 2026	Fizzio for Life 1/22 Loganlea Rd, Waterford West	Fizzio for Life  07 3805 3223  enquiries@ fizzioforlife.com.au	\$5





Chair Aerobics

Exercise body and mind doing exercises to music sitting in a chair. **Suitable for those aged 18 years and over.** **Bookings essential.**

	WHEN	WHERE	CONTACT	COST
MONDAY	11:30 am to 12:30 pm	Gould Adams Community Centre 558–662 Kingston Rd, Kingston	Australasian Dancesport  07 3412 9918  bstanton@ssi.org.au	\$2
THURSDAY	11:30 am to 12:30 pm	Gould Adams Community Centre 558–662 Kingston Rd, Kingston	Australasian Dancesport  07 3412 9918  bstanton@ssi.org.au	\$2


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 and yoga mat or beach towel. **Suitable for those aged 10 years and over.** **Bookings essential.**

	WHEN	WHERE	CONTACT	COST
MONDAY	10:30 am to 11:30 am 7 Jul 2025 to 29 Jun 2026	PCYC Logan Cnr of Compton Rd & Kingston Rd, Slacks Creek	Bellydance with Renata  0400 701 676  revasi@hotmail.com	\$5
WEDNESDAY	10:30 am to 11:30 am 2 Jul 2025 to 24 Jun 2026	PCYC Logan Cnr of Compton Rd & Kingston Rd, Slacks Creek	Bellydance with Renata  0400 701 676  revasi@hotmail.com	\$5

Exercise for Parkinson's

Exercise physiologist led movement program designed for management of Parkinson's Disease with emphasis being on hand eye coordination and balance. Please bring a water bottle, towel and where possible closed in shoes. **Suitable for those aged 40 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
FRIDAY	12 pm to 1 pm 4 Jul 2025 to 26 Jun 2026	Logan North Fitness Centre 2 Sports Dr, Underwood	Logan Leisure Centres  07 3541 6170  leisurecentres@logan.qld.gov.au	\$5
	1:30 pm to 2:30 pm 4 Jul 2025 to 26 Jun 2026	Logan Metro Fitness Centre 357 Browns Plains Rd, Crestmead	Logan Leisure Centres  07 3081 6622  leisurecentres@logan.qld.gov.au	\$5



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. **Suitable for those aged 14 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
SATURDAY	7:10 am to 8:10 am	Logan Metro Fitness Centre	Logan Leisure Centres	\$5
	5 Jul 2025 to 27 Jun 2026 (School terms only)	357 Browns Plains Rd, Crestmead	☎ 07 3081 6622 ✉ leisurecentres@logan.qld.gov.au	

Fit Over 50's

Build strength and keep fit with this over 50's fitness activity. **Suitable for those aged 50 years and over.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	8:15 am to 9 am	In Force Personal Training	In Force Personal Training	\$10
		45 Glengala Dr, Rosedale South	☎ 0410 602 023 ✉ ifpt@outlook.com.au 🌐 inforcepersonaltraining.com	
THURSDAY	8:15 am to 9 am	In Force Personal Training	In Force Personal Training	\$10
		45 Glengala Dr, Rosedale South	☎ 0410 602 023 ✉ ifpt@outlook.com.au 🌐 inforcepersonaltraining.com	

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. **Suitable for those aged 18 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
MONDAY	9:30 am to 10:30 am	Physio On Chatswood	NorthHab Health	\$5
	7 Jul 2025 to 29 Jun 2026	14 Chatswood Rd, Springwood	☎ 07 3803 2100 ✉ reception@northhab.com.au	
FRIDAY	9 am to 10 am	NorthHab Health	NorthHab Health	\$5
	4 Jul 2025 to 26 Jun 2026	13–17 Julie St, Crestmead	☎ 07 3803 2100 ✉ reception@northhab.com.au	

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. **Suitable for those aged 14 years and over. Bookings essential.**



	WHEN	WHERE	CONTACT	COST
MONDAY	10:30 am to 11:30 am 7 Jul 2025 to 29 Jun 2026	Mount Warren Sports and Fitness Centre 2 Milne St, Mount Warren Park	Logan Leisure Centres  07 3094 5401  leisurecentres@logan.qld.gov.au	\$5
	11:30 am to 12:30 pm 7 Jul 2025 to 29 Jun 2026	Logan North Fitness Centre 2 Sports Dr, Underwood	Logan Leisure Centres  07 3541 6170  leisurecentres@logan.qld.gov.au	\$5
TUESDAY	10:30 am to 11:30 am 1 Jul 2025 to 30 Jun 2026	Logan Metro Fitness Centre 357 Browns Plains Rd, Crestmead	Logan Leisure Centres  07 3081 6622  leisurecentres@logan.qld.gov.au	\$5
WEDNESDAY	10:30 am to 11:30 am 2 Jul 2025 to 24 Jun 2026	Mount Warren Sports and Fitness Centre 2 Milne St, Mount Warren Park	Logan Leisure Centres  07 3094 5401  leisurecentres@logan.qld.gov.au	\$5
THURSDAY	10:30 am to 11:30 am 3 Jul 2025 to 25 Jun 2026	Logan North Fitness Centre 2 Sports Dr, Underwood	Logan Leisure Centres  07 3541 6170  leisurecentres@logan.qld.gov.au	\$5
FRIDAY	10:30 am to 11:30 am 4 Jul 2025 to 26 Jun 2026	Mount Warren Sports and Fitness Centre 2 Milne St, Mount Warren Park	Logan Leisure Centres  07 3094 5401  leisurecentres@logan.qld.gov.au	\$5

*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 (pg 21)




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. **Suitable for those aged 18 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	6:15 am to 7:15 am	Logan Medical Centre	Keep Moving Exercise Physiology	\$5
	1 Jul 2025 to 30 Jun 2026	1 Wembley Rd, Logan Central	 0437 542 996  jess@keepmovingep.com.au	


Low Impact Fitness

For anyone looking to ease back into fitness or start moving again. Low-impact activities offered standing or seated, ideal for seniors or those needing gentle exercise. Please bring a bottle of water to stay hydrated during the activity. **Suitable for those aged 15 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
MONDAY	9:30 am to 10:30 am	Breathe PDA	Breathe Pole Dance Academy	\$5
	7 Jul 2025 to 29 Jun 2026	7/98 Anzac Ave, Hillcrest	 0432 763 607  info@breathepole danceacademy.com  breathepoledance academy.com/ makeanequiry	

Lung Power

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

	WHEN	WHERE	CONTACT	COST
FRIDAY	12 pm to 1 pm	Logan Metro Fitness Centre	Logan Leisure Centres	\$5
	4 Jul 2025 to 26 Jun 2026	357 Browns Plains Rd, Crestmead	 07 3081 6622  leisurecentres@logan.qld.gov.au	



Move More

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

	WHEN	WHERE	CONTACT	COST
TUESDAY	11:30 am to 12:30 pm 1 Jul 2025 to 30 Jun 2026	Logan North Fitness Centre 2 Sports Dr, Underwood	Logan Leisure Centres  07 3541 6170  leisurecentres@logan.qld.gov.au	\$5
FRIDAY	10:45 am to 11:45 am 4 Jul 2025 to 26 Jun 2026	Logan Metro Fitness Centre 357 Browns Plains Rd, Crestmead	Logan Leisure Centres  07 3081 6622  leisurecentres@logan.qld.gov.au	\$5



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.
Suitable for all ages. Bookings essential.

	WHEN	WHERE	CONTACT	COST
WEDNESDAY	8:40 am to 9:40 am 16 Jul 2025 to 10 Dec 2025 (School terms only)	The Family and Community Place 3 Darnell St, Yarrabilba	Fruitful Fitness  0452 482 251  fruitfulfitness.JS@gmail.com	Free

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 well being. Please bring a drink bottle, water, towel, yoga mat. **Suitable for all ages. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
WEDNESDAY	6 pm to 7 pm 1 Oct 2025 to 25 Mar 2026	Woodlands District Parklands 1 Grand Tce, Waterford	Ripple Fitness  0415 533 181  dannripple@gmail.com	\$5

Pole Fitness

Pole classes offer a fantastic way to get fit, build lean muscle, and enjoy a great cardio workout, all while having fun! Anyone can try pole fitness and learn how to do it with this 6-week program. Please bring a water bottle, socks and a towel. **Suitable for those aged 18 years and over.**

Bookings essential.

	WHEN	WHERE	CONTACT	COST
MONDAY	6 pm to 7 pm 2 Feb to 9 Mar 2026, (School terms only)	Rising Star Dance 11/17 Cairns St, Loganholme	Rising Star Dance 📞 0422 307 204 ✉ hello@risingstardance. com.au	\$5
THURSDAY	6:30 pm to 7:30 pm 17 Jul to 21 Aug 2025, 2 Oct to 6 Nov 2025, 30 Apr to 4 June 2026 (School terms only)	Rising Star Dance 11/17 Cairns St, Loganholme	Rising Star Dance 📞 0422 307 204 ✉ hello@risingstardance. com.au	\$5









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. **Suitable for those aged 15 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
WEDNESDAY	6 pm to 7 pm	Breathe PDA	Breathe Pole Dance Academy	\$5
	2 Jul 2025 to 24 Jun 2026	7/98 Anzac Ave, Hillcrest	☎ 0432 763 607 ✉ info@breathepole danceacademy.com 🌐 breathepoledance academy.com/ makeanequiry	



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. **Suitable for those aged 50 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	8:30 am to 9:30 am 1 Jul 2025 to 9 Dec 2025	Bethania Community Centre 88–118 Station Rd, Bethania	Ballycara Limited  1300 272 222  wellness@ballycara.com	\$5
FRIDAY	8:30 am to 9:30 am 4 Jul 2025 to 26 Jun 2026	Bethania Community Centre 88–118 Station Rd, Bethania	Ballycara Limited  1300 272 222  wellness@ballycara.com	\$5



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. **Suitable for those aged 15 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
MONDAY	6:30 pm to 7:30 pm 14 Jul 2025 to 22 Jun 2026 (School terms only)	PHIITKID Fitness Unit 1/9 Cronulla Ct, Slacks Creek	PHIITKID Fitness Management  0431 632 130  phiitkidfitness@gmail.com	\$5

Weight Lifting For Beginners

Learn basic safe techniques for weight lifting. A great way to build strength and build mobility. Teaches discipline and skill in a safe learning environment. Please bring a water bottle and towel. **Suitable for those aged 15 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
FRIDAY	6:30 pm to 7:30 pm 18 Jul 2025 to 26 Jun 2026 (School terms only)	PHIITKID Fitness Unit 1/9 Cronulla Ct, Slacks Creek	PHIITKID Fitness Management  0431 632 130  phiitkidfitness@gmail.com	\$5

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.

Bookings essential.

	WHEN	WHERE	CONTACT	COST
MONDAY	9:30 am to 10:30 am 7 Jul 2025 to 29 Jun 2026 (18 years and over)	Bethesda Lutheran Church 81 City Rd, Beenleigh	MiMiFit 📞 0468 306 686 ✉ miriam@mimfit.net	\$5 Ⓢ Ⓡ
	6 pm to 6:30 pm (All ages)	Springwood Central State School 39 Murrajong Rd, Springwood	Zumba with Carla 📞 0401 958 761 ✉ zumba_with_carla@hotmail.com 🌐 bookwhen.com/ zumbacarla	\$5 adults, \$3 teens, \$2 U12's Ⓢ
TUESDAY	10:30 am to 11:30 am 1 Jul 2025 to 30 Jun 2026 (14 years and over)	Mount Warren Sports and Fitness Centre 2 Milne St, Mount Warren Park	Logan Leisure Centres 📞 07 3094 5401 ✉ leisurecentres@logan.qld.gov.au	\$5 Ⓢ Ⓡ
WEDNESDAY	9:30 am to 10:30 am 2 Jul 2025 to 24 Jun 2026 (18 years and over)	Bethesda Lutheran Church 81 City Rd, Beenleigh	MiMiFit 📞 0468 306 686 ✉ miriam@mimfit.net	\$5 Ⓢ Ⓡ
	10:30 am to 11:30 am 2 Jul 2025 to 24 Jun 2026 (14 years and over)	Logan Metro Fitness Centre 357 Browns Plains Rd, Crestmead	Logan Leisure Centres 📞 07 3081 6622 ✉ leisurecentres@logan.qld.gov.au	\$5 Ⓢ Ⓡ
THURSDAY	9:30 am to 10:30 am 3 Jul 2025 to 25 Jun 2026 (All ages)	Chambers Flat Community Centre 49–65 Kenny Rd, Chambers Flat	Sandy Meeds 📞 0408 033 955 ✉ sandymeeds@gmail.com	\$5 Ⓡ
FRIDAY	9:30 am to 10:30 am 4 Jul 2025 to 26 Jun 2026 (18 years and over)	Logan Central Community Centre 9–11 Jacaranda Ave, Logan Central	MiMiFit 📞 0468 306 686 ✉ miriam@mimfit.net	\$5 Ⓢ Ⓡ

Zumba Toning ☆

Tone your body as you groove. This class combines Zumba with a resistance workout. It's great for improving rhythm, balance and coordination as well as toning your body. Please bring a water bottle and towel. **Suitable for all ages. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
WEDNESDAY	6 pm to 6:30 pm	Springwood Central State School 39 Murrajong Rd, Springwood	Zumba with Carla 📞 0401 958 761 ✉ zumba_with_carla@hotmail.com 🌐 bookwhen.com/zumbacarla	\$5 adults, \$3 teens, \$2 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 for more locations with exercise equipment.

SUBURB	ADDRESS
Eagleby	Oliver's Sport Complex, Logan Street
Hertiage 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
Rosedale 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



Adult and Seniors Cooking Club – Kingston East Neighbourhood Group



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. **Suitable for all ages. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	12 pm to 2 pm	Kingston East Neighbourhood Centre	Kingston East Neighbourhood Group	Free
	29 Jul to 26 Aug 2025,			
	14 Oct to 11 Nov 2025,			
	10 Feb to 10 Mar 2026,	177 Meakin Rd,	☎ 07 3808 1684	
	12 May to 9 Jun 2026	Slacks Creek	✉ admin@keng.org.au	
	(School terms only)			

Babies Day Out

Meet other families with babies to learn some infant massage techniques and explore movement, music and sensory play with your baby. Not delivered in the first 2 weeks of school term. **Suitable for those aged 0 to 12 months.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	9:30 am to 11 am	Berrinba East State School, E-Block	Michelle Christensen	Free
		165 Bardon Rd, Berrinba	☎ 07 3208 1263 ✉ michelle.christensen@salvationarmy.org.au	



Coffee Group for Seniors (S) (☆)

It takes a friend to make a friend with lasting connections being made each time we meet. We encourage you to come along to the casual coffee mornings to meet other locals. Bingo and trivia fun on alternating months.

	WHEN	WHERE	CONTACT	COST
THURSDAY	10 am to 11:30 am (Fortnightly)	Middle Green Club Middle Rd, Greenbank	Enriching Communities ☎ 0448 884 038 🌐 lccqld.com/enriching-communities-greenbank	Free

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
THURSDAY	6 pm to 8 pm (1st Thursday of every month)	Twin Rivers Centre 104 Riverhills Rd, Eagleby	Twin Rivers Centre ☎ 07 3382 4000 ✉ reception@twinrivers.org.au	Free

Family History (S) (☆)

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.

Bookings essential.

	WHEN	WHERE	CONTACT	COST
TUESDAY	1 pm to 3 pm (1st & 3rd Tuesday of every month)	Logan Village Library Wharf St, Logan Village	Logan Village Library ☎ 07 5549 8400 ✉ libraries@logan.qld.gov.au 🌐 loglib.org/fhr	Free

Family Nature Yoga and Mindfulness ⬇️😊

A morning for families to slow down, ground your energy and connect back with yourself through gentle yoga, mindfulness and nature connection. Please bring comfortable, sunsafe clothing to move in freely, a hat, water bottle and towel. **Suitable for all ages. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	3:30 pm to 4:30 pm	Springwood Park	Wild Flow Wellbeing	\$5
	15 Jul 2025 to 9 Dec 2025 (School terms only)	Cinderella Dr, Springwood	📞 0422 041 001 ✉️ wildflowwellbeing@gmail.com 🌐 wildflowwellbeing.com.au	

First 5 Forever 😊⭐

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



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











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. **Suitable for those aged 16 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
WEEKDAYS	8 am to 4 pm	Logan Healthy Living	Logan Healthy Living	Free
		Level 1, 12–16 Logandowns Dr, Meadowbrook	📞 07 3365 1057 ✉️ lhl@uqhealthcare.org.au 🌐 loganhealthyliving.org.au	







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. **Suitable for those aged 16 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
WEEKDAYS	8 am to 4 pm	Logan Healthy Living Level 1, 12–16 Logandowns Dr, Meadowbrook	Logan Healthy Living  07 3365 1057  lh1@uqhealthcare.org.au  loganhealthyliving.org.au	Free




Fun and Fit Over 50

Fun and Fit Over 50 is a social movement program to improve mobility, strength and coordination. Suitable for all abilities. Please bring a water bottle, small towel and wear nice comfortable clothing that is easy to move in. **Suitable for those aged 50 years and over.**

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

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. **Bookings essential.**

CONTACT	COST
Pacifikai – Children's Health QLD  0408 918 401  healthiertogether@health.qld.gov.au  childrens.health.qld.gov.au/service-healthier-together	Free

Healthy Ageing Hub (S) (☆)

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. **Suitable for those aged 50 years and over.**

	WHEN	WHERE	CONTACT	COST
WEDNESDAY	10 am to 12 pm (1st & 3rd Wednesday of every month)	Ben Matthews Playground 47–55 Ellen St, Logan Central	Amputees Queensland Inc. ☎ 07 3290 4293 ✉ lynda@afsg.org.au 🌐 amputeesqld.org.au	Free

Hydrotherapy (⬇) (S)

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. **Suitable for those aged 18 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	12:45 pm to 1:45 pm 1 Jul 2025 to 30 Jun 2026	Gould Adam's Aquatic Centre 558 Kingston Rd, Kingston	Keep Moving Exercise Physiology ☎ 0437 542 996 ✉ jess@keepmovingep.com.au	\$5






Community gardens

Join Your Local Community Garden

Community gardens are a great way for residents to come together. Grow organic food, improve your health and wellbeing and meet new people. Everyone is welcome at Logan's community gardens and no experience is necessary. Scan the QR code for more information.



Beenleigh Community Garden

 Beenleigh Neighbourhood Centre
10–12 James St, Beenleigh
 07 3287 2840
 bcg@beenleigh.org.au



Crestmead Community Garden

 Gimlet St, Crestmead
 Crestmead Community Garden Inc




Eagleby Community Garden

 94–112 Fryar Rd, Eagleby
 0408 256 251
 beanelfarmy@gmail.com




Elm Park Community Garden

 Elm Ave, Woodridge
 07 3290 3011




Hyperdome Community Garden

 Corner of Pacific Hwy and Bryants Rd,
Loganholme (behind Hyperdome Library)
 07 3801 9188
 customerservice@hyperdomeshopping.com.au




Jimbelungare Community Garden

 Ryan Park, Loganlea
 0410 896 560
 deb.jimbelungaregarden@gmail.com
 Jimbelungare Community Garden


Jimboomba Community Garden

 101 Johanna St, Jimboomba
 jimboombacommunitygarden@gmail.com
 Jimboomba Community Garden




Kingston East Neighbourhood Centre Community Garden

 177 Meakin Rd, Slacks Creek
 07 3808 1684
 admin@keng.org.au

Little Veggie Patch at Springwood

 121 Barbarella Dr, Springwood
 roger@henley.id.au
 The Little Vege Patch at Springwood

Yarrabilba Community Garden

 Shaw Street Oval, Yarrabilba
 yarrabilbacommunitygarden@gmail.com
 Yarrabilba Community Garden



Laughter Yoga for Wellbeing

Boost happiness and wellbeing through laughter, deep breathing, relaxation and gentle movement – no yoga poses required! Please bring comfortable, sunsafe clothing to move in freely, a hat, water bottle and towel. **Suitable for those aged 12 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	9:30 am to 10:15 am 15 Jul 2025 to 18 Nov 2025 (School terms only)	Springwood Park Cinderella Dr, Springwood	Wild Flow Wellbeing 📞 0422 041 001 ✉ wildflowwellbeing@gmail.com 🌐 wildflowwellbeing.com.au	\$4

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. **Suitable for those aged 12 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
SUNDAY	10 am to 12:30 pm 3 Aug 2025, 16 Nov 2025, 15 Feb 2026, 28 Jun 2026	Greenbank Community Centre 145 Teviot Rd, Greenbank	Australian School of Meditation and Yoga 📞 0403 262 069 ✉ amit@asmy.org.au	\$5



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. **Suitable for 18 years and over.**

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

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. Not delivered in the first 2 weeks of school term. **Suitable for those aged 0 to 12 months.**

	WHEN	WHERE	CONTACT	COST
WEDNESDAY	10 am to 12 pm	Berrinba East State School, E-Block 165 Bardon Rd, Berrinba	Michelle Christensen  07 3208 1263  michelle.christensen@salvationarmy.org.au	Free

Mothers Walking Group (Mums and Bubs) 😊🌟

A weekly walk in nature which includes connecting with other mums/parents. **Suitable for all ages.**

	WHEN	WHERE	CONTACT	COST
FRIDAY	9:30 am to 11:30 am	Rev'e Coffee Hub Roselea St, Shailer Park	The Mama Trail ☎ 0481 343 633 🌐 themamatrail. godaddysites.com	Free

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. **Suitable for those aged 18 years and over. Bookings essential.**

CONTACT

My Health for Life

☎ 13 74 75

✉ info@myhealthforlife.com.au

🌐 myhealthforlife.com.au

Playgroup 😊🌟

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

	WHEN	WHERE	CONTACT	COST
MONDAY	10 am to 12 pm (Not delivered in the first 2 weeks of school term)	Berrinba East State School, E-Block 165 Bardon Rd, Berrinba	Michelle Christensen ☎ 07 3208 1263 ✉ michelle.christensen@salvationarmy.org.au	Free
WEDNESDAY	9 am to 10:30 am 16 Jul to 10 Sep 2025, 8 Oct to 3 Dec 2025, 11 Feb to 25 Mar 2026, 22 Apr to 17 Jun 2026 (Fortnightly during school terms)	Everleigh State School 46 Ivory Pkwy, Greenbank	Enriching Communities ☎ 0448 884 038 🌐 lccqld.com/enriching-communities-greenbank	Free

Social Group for Men (S) (☆)

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

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

Social Group for Women (S) (☆)

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

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

Women's Empowerment Self Defence

The Empowerment Self Defence programs promote inclusive, accessible, and community-driven approaches to personal safety and overall well-being. **Suitable for all ages. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	6 pm to 9 pm 7 Oct 2025 to 28 Oct 2025 (School terms only)	The Buzz 65 Basalt Dr, Yarrabilba	Wisdom For Women ☎ 0423 310 471 ✉ info@esdtraining.com.au 🌐 wisdomforwomen.com.au	Free

Women's Shed (S) (☆)

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. **Suitable for those aged 18 years and over.**

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



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 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 on the ZUP! 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. **Suitable for those aged 10 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	9:30 am to 11 am 7 Oct 2025 to 31 Mar 2026 (School terms only)	Bayside Wake Park 80 Ferry Rd, Carbrook	Bayside Wake Park ☎ 07 3287 7777 ✉ cableski@bigpond.com	\$10



Badminton (Social) ☺ ☹ ☺ ☹

Come and join Brisbane Legends for a social game of badminton. Learn how to play the fast-paced game in a fun and engaging way and meet new people. **Suitable for those aged 6 to 65 years.**

	WHEN	WHERE	CONTACT	COST
SATURDAY	8 am to 10 am	Sky Badminton Centre 116 Wembley Rd, Logan Central	Brisbane Legends Inc ☎ 0429 429 224 ✉ sambitd069@gmail.com 🌐 brisbanelegends.org.au	\$15


Basketball

Everleigh Basketball basics boot camp is designed for boys and girls ages 8 to 15 to sharpen their skills, build confidence, and learn the fundamentals of the game in a fun, supportive environment.

	WHEN	WHERE	CONTACT	COST
MONDAY	4 pm to 5 pm 14 Jul 2025 to 15 Sep 2025	Ginger Park Guroman Dr, Greenbank	Enriching Communities  0448 884 038  lccqld.com/enriching-communities-greenbank	Free

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. **Suitable for those aged 8 years and over.**

	WHEN	WHERE	CONTACT	COST
MONDAY	4 pm to 5 pm 14 Jul 2025 to 22 Jun 2026 (School terms only)	Cornubia Park Sports Centre 146 Bryants Rd, Shailer Park	Logan Basketball Inc  07 3801 3566  venuemanager@loganbasketball.com	Free



Bush Kindy/Playgroup 😊

Support your child's learning and development through nature play, delivered fortnightly during school term. Parent or guardian must attend. Please wear enclosed shoes and bring a water bottle, towel, hat and insect repellent. **Suitable for children up to 12 years.**

	WHEN	WHERE	CONTACT	COST
THURSDAY	9:30 am to 11:30 am 17 Jul to 11 Sep 2025, 9 Oct to 4 Dec 2025, 12 Mar to 26 Mar 2026, 23 Apr to 18 Jun 2026 (Fortnightly during school terms)	Bronzewing Park Greenshank Dr, Bahrs Scrub	Bush Kindy Teaching 📞 0422 259 900 ✉ admin@bushkindy.com.au 🌐 bit.ly/BushKindyTeaching	Free

Bushwalking 😊👤

Build outdoor skills, improve navigation and enjoy nature while boosting your fitness and awareness. Please wear sun-safe clothing, a hat, enclosed shoes, bring a water bottle and a snack. **Suitable for those aged 10 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	9 am to 12 pm 29 Jul 2025, 2 Sep 2025	Springwood Conservation Park Jardine Dr, Springwood	Scouts QLD 📞 0447 427 864 ✉ pd@scoutsqld.com.au	\$5
WEDNESDAY	9 am to 12 pm 15 Oct 2025	Springwood Conservation Park Jardine Dr, Springwood	Scouts QLD 📞 0447 427 864 ✉ pd@scoutsqld.com.au	\$5
THURSDAY	9 am to 12 pm 12 Feb 2026, 12 Mar 2026, 7 May 2026	Springwood Conservation Park Jardine Dr, Springwood	Scouts QLD 📞 0447 427 864 ✉ pd@scoutsqld.com.au	\$5





Camping Skills ☺ ☺

Learn practical tips for camping or hiking – from building shelters and collecting water to fire lighting and bush cooking. Please wear sun-safe clothing, hat, enclosed shoes, bring a water bottle and a snack. **Suitable for those aged 10 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	9 am to 12 pm 5 Aug 2025, 9 Sep 2025	Marsden Scout Den Tamarind St, Marsden	Scouts QLD ☎ 0447 427 864 ✉ pd@scoutsqld.com.au	\$5
WEDNESDAY	9 am to 12 pm 18 Feb 2026, 18 Mar 2026	Marsden Scout Den Tamarind St, Marsden	Scouts QLD ☎ 0447 427 864 ✉ pd@scoutsqld.com.au	\$5
THURSDAY	9 am to 12 pm 30 Oct 2025, 30 Apr 2026, 14 May 2026	Marsden Scout Den Tamarind St, Marsden	Scouts QLD ☎ 0447 427 864 ✉ pd@scoutsqld.com.au	\$5




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. **Suitable for those aged 18 years and over.**

	WHEN	WHERE	CONTACT	COST
MONDAY	9 am to 11 am 7 Jul 2025 to 29 Sep 2025	Bedford Park 229–239 River Hills Rd, Eagleby	Twin Rivers Community Mallet Sports Club  0421 244 496  twinrivers@croquetqld.org	\$5

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. **Suitable for those aged 18 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	6:15 pm to 7:15 pm 15 Jul 2025 to 23 Jun 2026 (School terms only)	Intrinsic Dance Studios 2/196 Parfrey Rd, Rochedale South	Intrinsic Dance Studios  0419 640 998  admin@intrinsicdance. com.au  trybooking.com/CXQGQ	\$7



Dance (Adults Ballroom – DanceSport)

Boost fitness, coordination and confidence while learning a variety of Ballroom styles including Cha Cha, Tango, Jive, Foxtrot and more. A great way to stay social and active. Please bring water and wear suitable dance clothes. **Suitable for those aged 18 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	7:15 pm to 8:15 pm	Intrinsic Dance Studios	Intrinsic Dance Studios	\$7
	15 Jul 2025 to 23 Jun 2026 (School terms only)	2/196 Parfrey Rd, Rochedale South	📞 0419 640 998 ✉ admin@intrinsicdance.com.au 🌐 trybooking.com/CXQHP	

Dance (Ballet)

Learn the beautiful art form of ballet with beginner adult classes. These classes are for fun and fitness. Please bring a water bottle, socks and a towel. **Suitable for those aged 18 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
THURSDAY	6:15 pm to 7 pm	Rising Star Dance	Rising Star Dance	\$5
	17 Jul 2025 to 25 Jun 2026 (School terms only)	11/17 Cairns St, Loganholme	📞 0422 307 204 ✉ hello@risingstardance.com.au	

Dance (Beginner Line Dancing) ☆

Teaching beginner set dances in a healthy and fun atmosphere to great music. **Suitable for those aged 18 years and over.**

	WHEN	WHERE	CONTACT	COST
MONDAY	1 pm to 2 pm	Gould Adams Community Centre	Australasian Dancesport	\$5
	(School terms only)	558–662 Kingston Road, Kingston	📞 07 3412 9918 ✉ bstanton@ssi.org.au	



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. **Suitable for those aged 10 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
WEDNESDAY	9:30 am to 10:30 am 2 Jul 2025 to 24 Jun 2026	PCYC Logan Cnr of Compton Rd & Kingston Rd, Slacks Creek	Bellydance with Renata ☎ 0400 701 676 ✉ revasi@hotmail.com	\$5
FRIDAY	9:30 am to 10:30 am 25 Jul 2025 to 26 Jun 2026	Loganlea Community Centre 28–32 Timms St, Loganlea	Bellydance with Renata ☎ 0400 701 676 ✉ revasi@hotmail.com	\$5

*I came one day and **they just overwhelmed me with kindness and compassion.** Since joining I've lost about 5 kilos, I've got so much more balance and **so much more confident.** I feel like I'm living again.*

Steve W. on
Walking Football at
Greenbank
(pg 70)

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. **Suitable for those aged 18 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
THURSDAY	7 pm to 7:45 pm 17 Jul 2025 to 25 Jun 2026 (School terms only)	Rising Star Dance 11/17 Cairns St, Loganholme	Rising Star Dance 📞 0422 307 204 ✉️ hello@risingstardance. com.au	\$5

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. **Suitable for those aged 18 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
THURSDAY	7:45 pm to 8:30 pm 17 Jul 2025 to 25 Jun 2026 (School terms only)	Rising Star Dance 11/17 Cairns St, Loganholme	Rising Star Dance 📞 0422 307 204 ✉️ hello@risingstardance. com.au	\$5

Dance (Tiny Dance) 😊

A fun companion-and-me class for little ones starting their dance journey. Build motor skills, learn basic moves and make new friends. Please bring a water bottle, socks, a towel and heels if you have them. **Suitable for those aged 2 to 5 years. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
SATURDAY	8:30 am to 9 am 19 Jul 2025 to 20 Jun 2026 (School terms only)	Rising Star Dance 11/17 Cairns St, Loganholme	Rising Star Dance 📞 0422 307 204 ✉ hello@risingstardance. com.au	\$5

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. **Suitable for those aged 18 months to 3 years. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
MONDAY	8:50 am to 9:40 am 14 Jul 2025 to 22 Jun 2026 (School terms only)	Intrinsic Dance Studios 2/196 Parfrey Rd, Rosedale South	Intrinsic Dance Studios 📞 0419 640 998 ✉ admin@intrinsicdance. com.au 🌐 trybooking.com/CXQHP	\$7

Dance (Hip Hop)

A fun Hip Hop class for adults to pop, lock and groove to modern and old-school beats. Build confidence while having a blast! Please bring a water bottle, socks and a towel. **Suitable for those aged 18 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
THURSDAY	6:30 pm to 7 pm 17 Jul 2025 to 25 Jun 2026 (School terms only)	Rising Star Dance 11/17 Cairns St, Loganholme	Rising Star Dance 📞 0422 307 204 ✉ hello@risingstardance. com.au	\$5



It gets you away from the house and you meet nice people out there, and they become an extended family.



Martin on **Pickleball**
at Mt Warren Park (pg 63)

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/environmental-events**





Golf Fore 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. **Suitable for those aged 12 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
WEDNESDAY	8:30 am to 9:30 am 2 Jul 2025 to 17 Jun 2026 (Excluding last Wed of each month)	Windaroo Lakes Golf Club Anna Louise Tce, Windaroo	Golf Fore Women  0419 714 064  golfforewomen@gmail.com  golfforewomen.com.au	\$5
SUNDAY	8:30 am to 9:30 am 6 Jul 2025 to 21 Jun 2026 (Excluding last Sun of each month)	Windaroo Lakes Golf Club Anna Louise Tce, Windaroo	Golf Fore Women  0419 714 064  golfforewomen@gmail.com  golfforewomen.com.au	\$5



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.

Suitable for those aged 18 years and over. Bookings essential.

	WHEN	WHERE	CONTACT	COST
SATURDAY	9:30 am to 10:30 am	Daisy Hill Squash Courts	David King's Taekwondo Academy	\$5
	19 Jul 2025 to 20 Jun 2026 (School terms only)	18a Allamanda Dr, Daisy Hill	📞 0410 645 552 ✉ davidkingtkd@gmail.com	

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. **Suitable for all ages. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
SATURDAY	9 am to 11 am	Yarrabilba Community Gardens	Work Eco	\$5
	5 Jul 2025, 4 Oct 2025, 17 Jan 2026, 4 Apr 2026 (School terms only)	Darlington Dr, Yarrabilba	📞 0420 580 031 ✉ info@workeco.com.au	

Nature Smartphone Photography

A relaxing nature walk snapping photos of Logan's parks and bushland on your smartphone. 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. **Suitable for those aged 12 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
SUNDAY	9 am to 11 am	Plunkett Conservation Park	Work Eco	\$5
	13 Jul 2025, 12 Oct 2025, 18 Jan 2026, 12 Apr 2026 (School terms only)	Dryander St, Yarrabilba	📞 0420 580 031 ✉ info@workeco.com.au	



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
SAT 7 am	Berrinba Wetlands Berrinba Darlington Parklands Yarrabilba Logan River Parklands Beenleigh Riverdale Park Meadowbrook Spring Mountain Reserve Greenbank Underwood Park Priestdale	Parkrun  parkrun.com.au	Free






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. **Suitable for all ages. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
MONDAY	8:30 am to 10:30 am 7 Jul 2025 to 29 Jun 2026	Mount Warren Sports and Fitness Centre 2 Milne St, Mount Warren Park	Logan Leisure Centres  07 3094 5401  leisurecentres@logan.qld.gov.au	\$5
WEDNESDAY	8:30 am to 10:30 am 2 Jul 2025 to 24 Jun 2026	Mount Warren Sports and Fitness Centre 2 Milne St, Mount Warren Park	Logan Leisure Centres  07 3094 5401  leisurecentres@logan.qld.gov.au	\$5

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	MON 5 pm TUE 4:45 pm WED 5 am & 4:45 pm THU 4:45 pm FRI 5 am	Berrinba Wetlands Wayne Goss Dr, Berrinba	Berrinba Runners  0407 626 761  berrinbarunners@yahoo.com  revolutionise.com.au/ berrinba	1 month free trial \$45/yr adults, \$17/yr juniors

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, Ground Terrace
Waterford West	Tygun Park, Tygun Road
Windaroo	Activity Park, Ernest Street
Woodridge	Oates Park, Oates Avenue Woodridge Adventure Park, Kingston Road

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. **Suitable for those aged 2 to 5 years.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	1:30 pm to 2 pm 15 Jul 2025 to 23 Jun 2026 (School terms only) (2 to 3 years)	Underwood Park Underwood Rd, Priestdale	Ginger Sport ☎ 1800 446 437 ✉ info@gingersport.com.au 🌐 gingersport.com.au/ council-sessions/logan- city-council-programs/	Free
	2:05 pm to 2:35 pm 15 Jul 2025 to 23 Jun 2026 (School terms only) (4 to 5 years)	Underwood Park Underwood Rd, Priestdale	Ginger Sport ☎ 1800 446 437 ✉ info@gingersport.com.au 🌐 gingersport.com.au/ council-sessions/logan- city-council-programs/	Free
WEDNESDAY	1:30 pm to 2 pm 16 Jul 2025 to 24 Jun 2026 (School terms only) (2 to 3 years)	Riverdale Park Armstrong Rd, Meadowbrook	Ginger Sport ☎ 1800 446 437 ✉ info@gingersport.com.au 🌐 gingersport.com.au/ council-sessions/logan- city-council-programs/	Free
	2:05 pm to 2:35 pm 16 Jul 2025 to 24 Jun 2026 (School terms only) (4 to 5 years)	Riverdale Park Armstrong Rd, Meadowbrook	Ginger Sport ☎ 1800 446 437 ✉ info@gingersport.com.au 🌐 gingersport.com.au/ council-sessions/logan- city-council-programs/	Free
THURSDAY	1:30 pm to 2 pm 17 Jul 2025 to 11 Dec 2025 (School terms only) (2 to 3 years)	Jimboomba Park South St, Jimboomba	Ginger Sport ☎ 1800 446 437 ✉ info@gingersport.com.au 🌐 gingersport.com.au/ council-sessions/logan- city-council-programs/	Free
	2:05 pm to 2:35 pm 17 Jul 2025 to 11 Dec 2025 (School terms only) (4 to 5 years)	Jimboomba Park South St, Jimboomba	Ginger Sport ☎ 1800 446 437 ✉ info@gingersport.com.au 🌐 gingersport.com.au/ council-sessions/logan- city-council-programs/	Free

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. **Suitable for those aged 10 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	9:30 am to 12:30 pm 15 Jul 2025, 16 Sep 2025	Daisy Hill Conservation Park Daisy Hill Rd, Daisy Hill	Scouts QLD 📞 0447 427 864 ✉️ pd@scoutsqld.com.au	\$5
WEDNESDAY	9:30 am to 12:30 pm 4 Feb 2026, 25 Mar 2026	Daisy Hill Conservation Park Daisy Hill Rd, Daisy Hill	Scouts QLD 📞 0447 427 864 ✉️ pd@scoutsqld.com.au	\$5
THURSDAY	9:30 am to 12:30 pm 23 Oct 2025, 20 Nov 2025, 28 May 2026, 18 Jun 2026	Daisy Hill Conservation Park Daisy Hill Rd, Daisy Hill	Scouts QLD 📞 0447 427 864 ✉️ pd@scoutsqld.com.au	\$5



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. **Suitable for those aged 5 to 12 years. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
SATURDAY	12:30 pm to 1:30 pm	Gould Adams Park Aquatic Centre	The Aqua English Project	\$2
	26 Jul to 30 Aug 2025,	558 Kingston Rd,	📞 0406 063 737	
	18 Oct to 22 Nov 2025,	Kingston	✉ info@aquaenglish.com.au	
	7 Feb to 14 Mar 2026,		🌐 aquaenglish.com.au	
	2 May to 6 Jun 2026			
	(School terms only)			

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. **Suitable for those aged 16 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
THURSDAY	12 pm to 1:30 pm 24 Jul to 28 Aug 2025, (School terms only)	Gould Adams Park Aquatic Centre 558 Kingston Rd, Kingston	The Aqua English Project ☎ 0406 063 737 ✉ info@aquaenglish.com.au 🌐 aquaenglish.com.au	Free
FRIDAY	12 pm to 1:30 pm 25 Jul to 29 Aug 2025, 17 Oct to 21 Nov 2025, 6 Feb to 13 Mar 2026, 1 May to 5 Jun 2026 (School terms only)	Logan West Aquatic Centre and Health Club 29 Wineglass Dr, Hillcrest	The Aqua English Project ☎ 0406 063 737 ✉ info@aquaenglish.com.au 🌐 aquaenglish.com.au	Free
SATURDAY	12 pm to 1:30 pm 26 Jul to 30 Aug 2025, 18 Oct to 22 Nov 2025, 7 Feb to 14 Mar 2026, 2 May to 6 Jun 2026 (School terms only)	Gould Adams Park Aquatic Centre 558 Kingston Rd, Kingston	The Aqua English Project ☎ 0406 063 737 ✉ info@aquaenglish.com.au 🌐 aquaenglish.com.au	Free



Thunder Tots 😊

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

	WHEN	WHERE	CONTACT	COST
TUESDAY	9:30 am to 10:30 am 15 Jul 2025 to 23 Jun 2026 (School terms only)	Cornubia Park Sports Centre 146 Bryants Rd, Shailer Park	Logan Basketball Inc ☎ 07 3801 3566 ✉ venuemanager@loganbasketball.com	\$5

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, bring a water bottle and hat. **Suitable for those aged 50 years and over.**

	WHEN	WHERE	CONTACT	COST
MONDAY	8 am to 10 am 7 Jul 2025, 29 Jun 2026	Greenbank Recreation Reserve 720–768 Middle Rd, Greenbank	Greenbank Walking Football ☎ 0423 313 327 ✉ greenbankwalkingfootball@gmail.com	Free
WEDNESDAY	8 am to 10 am 9 Jul 2025, 24 Jun 2026	Greenbank Recreation Reserve 720–768 Middle Rd, Greenbank	Greenbank Walking Football ☎ 0423 313 327 ✉ greenbankwalkingfootball@gmail.com	Free
FRIDAY	8 am to 10 am	Greenbank Recreation Reserve 720–768 Middle Rd, Greenbank	Greenbank Walking Football ☎ 0423 313 327 ✉ greenbankwalkingfootball@gmail.com	Free ⊛

Water Parks in Logan

Keep cool during the warmer months at one of our water parks! These parks provide exciting water play opportunities and are **suitable for all ages.**

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



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 or phone **13 11 12** to get started today.

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

Proudly supported by





Stretch and move



Yoga – Peak Physique Hot Yoga Underwood




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. **Suitable for those aged 16 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
MONDAY	9 am to 10 am	NorthHab Health	NorthHab Health	\$5
	7 Jul 2025 to 29 Jun 2026	13–17 Julie St, Crestmead	 07 3803 2100  reception@northhab.com.au	




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. **Suitable for those aged 16 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
MONDAY	10 am to 11 am	Logan Artists Association	The Yoga Partnership	\$5
	7 Jul 2025 to 29 Jun 2026	27 Coral St, Loganlea	 0466 579 708  theyogapartnership@gmail.com  theyogapartnership.com.au	

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. **Suitable for those aged 18 years and over. Bookings essential.**

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

Hot 26/2 Express (Yoga)

Hot 26/2 Express is a set sequence of 26 poses and 2 breathing exercises in 38°C heat, designed to stretch, strengthen and balance the body. Deeply therapeutic for body and mind. Please bring a water bottle, towel and yoga mat. **Suitable for those aged 18 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	5:45 am to 6:45 am	Peak Physique Hot Yoga Underwood 6B/2958 Logan Rd, Underwood	Peak Physique ☎ 0408 133 075 ✉ underwood@peakphysiquehotyoga.com.au	\$5
	1 Jul 2025 to 30 Jun 2026			

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. **Suitable for those aged 50 years and over. Bookings essential.**



	WHEN	WHERE	CONTACT	COST
TUESDAY	9 am to 10 am	NorthHab Health 13–17 Julie St, Crestmead	NorthHab Health ☎ 07 3803 2100 ✉ reception@northhab.com.au	\$5
	1 Jul 2025 to 30 Jun 2026			








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. **Suitable for those aged 18 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
WEDNESDAY	1 pm to 2 pm 2 Jul 2025 to 10 Dec 2025	Peak Physique Hot Yoga Underwood 6B/2958 Logan Rd, Underwood	Peak Physique  0408 133 075  underwood@ peakphysiquehotyoga. com.au	\$5

Mums and Bubs Pilates

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

	WHEN	WHERE	CONTACT	COST
TUESDAY	10 am to 11 am 1 Jul 2025 to 30 Jun 2026	Wellwood Health 3918 Pacific Hwy, Loganholme	Wellwood Health  0415 849 941  info@wellwoodhealth.com  Please book via the Wellwood Health app	\$5

When I do Tai Chi, it makes me relax, I'm losing weight, I'm losing inches, I'm gaining more balance. It actually has improved my whole life.

Carol R. on **Tai Chi** at Logan Tai Chi (pg 80)

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. Suitable for parents with babies up to crawling age. Please bring a towel and baby blanket. **Bookings essential.**

	WHEN	WHERE	CONTACT	COST
THURSDAY	10 am to 11 am	Wellwood Health	Wellwood Health	\$5
	3 Jul 2025 to 25 Jun 2026	3918 Pacific Hwy, Loganholme	📞 0415 849 941 ✉ info@wellwoodhealth.com 📖 Please book via the Wellwood Health app	

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. **Bookings essential.**

	WHEN	WHERE	CONTACT	COST
MONDAY	5:30 pm to 6:30 pm	Mount Warren Sports and Fitness Centre	Logan Leisure Centres	\$5
	7 Jul 2025 to 29 Jun 2026 (14 years and over)	2 Milne St, Mount Warren Park	📞 07 3094 5401 ✉ leisurecentres@logan.qld.gov.au	
WEDNESDAY	9 am to 10 am	NorthHab Health	NorthHab Health	\$5
	2 Jul 2025 to 24 Jun 2026 (16 years and over)	13–17 Julie St, Crestmead	📞 07 3803 2100 ✉ reception@northhab.com.au	
THURSDAY	6:45 pm to 7:30 pm	Logan North Fitness Centre	Logan Leisure Centres	\$5
	3 Jul 2025 to 25 Jun 2026 (14 years and over)	2 Sports Dr, Underwood	📞 07 3541 6170 ✉ leisurecentres@logan.qld.gov.au	

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. **Suitable for those aged 12 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	11:30 am to 12:30 pm	Wellwood Health	Wellwood Health	\$5
	1 Jul 2025 to 30 Jun 2026	3918 Pacific Hwy, Loganholme	📞 0415 849 941 ✉ info@wellwoodhealth.com 📖 Please book via the Wellwood Health app	

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. **Suitable for those aged 14 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
MONDAY	10:30 am to 11:30 am	Logan Metro Fitness Centre	Logan Leisure Centres	\$5
	7 Jul 2025 to 29 Jun 2026	357 Browns Plains Rd, Crestmead	📞 07 3081 6622 ✉ leisurecentres@logan.qld. gov.au	




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. **Suitable for those aged 18 years and over. Bookings essential.**

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



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 free. Please bring a water bottle and towel. **Suitable for those aged 12 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
THURSDAY	11:30 am to 12:30 pm	Wellwood Health	Wellwood Health	\$5
	3 Jul 2025 to 25 Jun 2026	3918 Pacific Hwy, Loganholme	 0415 849 941  info@wellwoodhealth.com  Please book via the Wellwood Health app	



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. **Suitable for those aged 18 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	3 pm to 4 pm	Logan West Aquatic Centre	Shaolin Kung Fu Guan	Free
	1 Jul 2025 to 30 Jun 2026	29 Wineglass Dr, Hillcrest	 0421 356 606  shaolinkungfuguan@hotmail.com	



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. **Suitable for those aged 18 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
WEDNESDAY	9:30 am to 10:30 am	Tygun Park	Empyrean Internal and Esoteric Arts	\$5
	2 Jul 2025 to 24 Jun 2026	Park Rd, Waterford West	 0491 111 451  arts.emyrean@gmail.com	




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. **Suitable for those aged 12 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
FRIDAY	6:45 pm to 7:45 pm	Bethania Community Centre	Australian School of Meditation and Yoga	Free
	18 Jul 2025 to 19 Jun 2026 (3rd Friday of month)	88–118 Station Rd, Bethania	 0403 262 069  amit@asmy.org.au	




Restorative Yoga

A gentle, meditative practice using props to support longer-held poses and deep relaxation. Suitable for all bodies. Participants may bring their own yoga mat (optional). **Suitable for all ages.**

	WHEN	WHERE	CONTACT	COST
MONDAY	9:30 am to 10:30 am	Girl Guide Hut Shailer Park	Inside Retreats	\$5
	12 Jan 2026 to 29 Jun 2026	381 Chatswood Rd, Shailer Park	 0415 841 973  info@insideretreats.com.au  insideretreats.com.au/yoga	

Rooftop Yoga

Starting with a breathing workshop and meditation, participants will be guided through gentle movement. Suitable for beginners. Please bring a water bottle and towel. **Suitable for those aged 16 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
FRIDAY	9:30 am to 10:30 am	LSKD HQ (Rooftop)	Brisbane Rooftop Yoga	Free
	4 Jul 2025 to 26 Jun 2026	46 Burchill St, Loganholme	 07 3062 4388  brisbanerooftopyoga@gmail.com  brisbanerooftopyoga.com	

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
TUESDAY	5:30 pm to 6:30 pm 7 Oct to 9 Dec 2025, 27 Jan to 31 Mar 2026	Everleigh Park Everleigh Dr, Greenbank	Enriching Communities ☎ 0448 884 038 🌐 lccqld.com/enriching-communities-greenbank	Free




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	8 am to 9 am 13 Oct 2025 to 30 Mar 2026 (18 years and over)	Regents Park Bennett Dr, Regents Park	Logan Tai Chi ☎ 0466 954 646 ✉ admin@logantaichi.au	\$5
	9 am to 10 am 7 Jul to 29 Sep 2025, 13 Apr to 29 Jun 2026 (18 years and over)	Regents Park Bennett Dr, Regents Park	Logan Tai Chi ☎ 0466 954 646 ✉ admin@logantaichi.au	\$5
TUESDAY	9:30 am to 10:30 am (All ages)	Ben Matthews Playground 47–55 Ellen St, Logan Central	Amputees Queensland Inc. ☎ 07 3290 4293 ✉ lynda@afsg.org.au 🌐 amputeesqld.org.au	Free ☆
THURSDAY	7:45 am to 8:45 am 3 Jul 2025 to 25 Jun 2026 (18 years and over)	JJ Smith Oval 145 Teviot Rd, Greenbank	Logan Tai Chi ☎ 0466 954 646 ✉ admin@logantaichi.au	\$5
	9:30 am to 10:30 am 3 Jul 2025 to 25 Jun 2026 (18 years and over)	Jimboomba Library – Community Room 18–22 Honora St, Jimboomba	Logan Tai Chi ☎ 0466 954 646 ✉ admin@logantaichi.au	\$5
FRIDAY	8 am to 9 am 4 Jul 2025 to 26 Jun 2026 (18 years and over)	Logan Village Green Wharf St, Logan Village	Logan Tai Chi ☎ 0466 954 646 ✉ admin@logantaichi.au	\$5

Yin Yoga & Soundbath

A slow, gentle yoga practice that stretches and hydrates the body’s fascial network while encouraging a calm, meditative state. Participants may bring their own yoga mat (optional). **Suitable for all ages.**

	WHEN	WHERE	CONTACT	COST
MONDAY	6 pm to 7 pm	Girl Guide Hut	Inside Retreats	\$5
	7 Jul 2025 to 29 Sep 2025	Shailer Park 381 Chatswood Rd, Shailer Park	 0415 841 973  info@insideretreats.com.au  insideretreats.com.au/yoga	



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.













Bookings essential.

	WHEN	WHERE	CONTACT	COST
MONDAY	11:30 am to 12:30 pm	Discovery Park	The Yoga Partnership	\$5
	7 Jul 2025 to 29 Jun 2026	27 Berzins Ct, Bahrs Scrub	 0466 579 708  theyogapartnership@gmail.com  theyogapartnership.com.au	
TUESDAY	6 pm to 7 pm	Mount Warren Sports and Fitness Centre	Logan Leisure Centres	\$5
	1 Jul 2025 to 30 Jun 2026 (14 years and over)	2 Milne St, Mount Warren Park	 07 3094 5401  leisurecentres@logan.qld.gov.au	
THURSDAY	10:30 am to 11:30 am	Mount Warren Sports and Fitness Centre	Logan Leisure Centres	\$5
	3 Jul 2025 to 25 Jun 2026 (14 years and over)	2 Milne St, Mount Warren Park	 07 3094 5401  leisurecentres@logan.qld.gov.au	

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.

Bookings essential.

	WHEN	WHERE	CONTACT	COST
MONDAY	10:45 am to 11:45 am	Inna Essence Studio	Inna Essence	\$10
	(18 years and over)	Level 1, 3245 Logan Rd, Underwood	 0468 446 444  hello@innaessence.com  innaessence.com/session-times	
TUESDAY	11:30 am to 12:30 pm	Wellwood Health	Wellwood Health	\$5
	7 Jul 2025 to 29 Jun 2026 (12 years and over)	3918 Pacific Hwy, Loganholme	 0415 849 941  info@wellwoodhealth.com  Please book via the Wellwood Health app	
TUESDAY	1 pm to 2 pm	Caddies Community Centre	The Yoga Partnership	\$5
	1 Jul 2025 to 30 Jun 2026 (50 years and over)	19–33 South St, Jimboomba	 0466 579 708  theyogapartnership@gmail.com  theyogapartnership.com.au	


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. **Bookings essential.**

	WHEN	WHERE	CONTACT	COST
MONDAY	9:30 am to 10:30 am (18 years and over)	Inna Essence Studio Level 1, 3245 Logan Rd, Underwood	Inna Essence  0468 446 444  hello@innaessence.com  innaessence.com/session-times	\$10 
	6 pm to 7 pm 7 Jul 2025 to 29 Jun 2026 (15 years and over)	Logan Central Community Centre 9–11 Jacaranda Ave, Logan Central	Yoga and More Studio  032 662 154  katie@qtimefitness.com  qtimefitness.com.au	\$5
WEDNESDAY	9 am to 10 am 16 Jul 2025 to 24 Jun 2026 (School terms only) (15 years and over)	Marsden & District Progress Association Community Hall 127 Third Ave, Marsden	Yoga and More Studio  032 662 154  katie@qtimefitness.com  qtimefitness.com.au	\$5
THURSDAY	6 pm to 7 pm 3 Jul 2025 to 25 Jun 2026 (15 years and over)	Logan Central Community Centre 9–11 Jacaranda Ave, Logan Central	Yoga and More Studio  032 662 154  katie@qtimefitness.com  qtimefitness.com.au	\$5

Yoga (Hatha)

Come and try Hatha yoga to help bring balance and feel refreshed. This is a gentle class with easy stretching and strengthening of the body. Please bring a water bottle, towel and yoga mat. **Suitable for those aged 12 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
FRIDAY	5:30 pm to 6:30 pm 3 Apr 2026 to 26 Jun 2026 (School terms only)	Bethania Community Centre 88–118 Station Rd, Bethania	Australian School of Meditation and Yoga  0403 262 069  amit@asmy.org.au	\$5
SATURDAY	8:30 am to 9:30 am 5 Jul 2025 to 13 Dec 2025 (School terms only)	Greenbank Community Centre 145 Teviot Rd, Greenbank	Australian School of Meditation and Yoga  0403 262 069  amit@asmy.org.au	\$5

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. **Suitable for those aged 50 years and over.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	9:30 am to 10:30 am	Beenleigh Neighbourhood Centre 10 James St, Beenleigh	Trishna Peacock 📞 0415 845 369 ✉️ trishnapeacock@gmail.com	\$8

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. **Suitable for those aged 18 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
SUNDAY	9 am to 10 am 6 Jul 2025 to 28 Jun 2026	Peak Physique Hot Yoga Underwood 6B/2958 Logan Rd, Underwood	Peak Physique 📞 0408 133 075 ✉️ underwood@peakphysiquehotyoga.com.au	\$5

Yoga for Emotional Wellbeing Class ⬇️

A Hatha yoga class focused on breath, gentle strength, and stretches to release tension and support overall wellbeing. Participants may bring their own yoga mat (optional). **Suitable for all ages.**

	WHEN	WHERE	CONTACT	COST
WEDNESDAY	9:30 am to 10:30 am 1 Oct 2025 to 10 Dec 2025	Scout Hall, Shailer Park/Cornubia 31 Anakie Dr, Cornubia	Inside Retreats 📞 0415 841 973 ✉️ info@insideretreats.com.au 🌐 insideretreats.com.au/yoga	\$5



Zen (Warm Yin) ⓘ

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. **Suitable for those aged 14 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
SATURDAY	8:15 am to 9:15 am 5 Jul 2025 to 27 Jun 2026	Logan North Fitness Centre 2 Sports Dr, Underwood	Logan Leisure Centres ☎ 07 3541 6170 ✉ leisurecentres@logan.qld.gov.au	\$5

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.
- Y – suitable for **young people** between 12 to 25 years old.
- S – suitable for **older adults** to enjoy.
- i – 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.

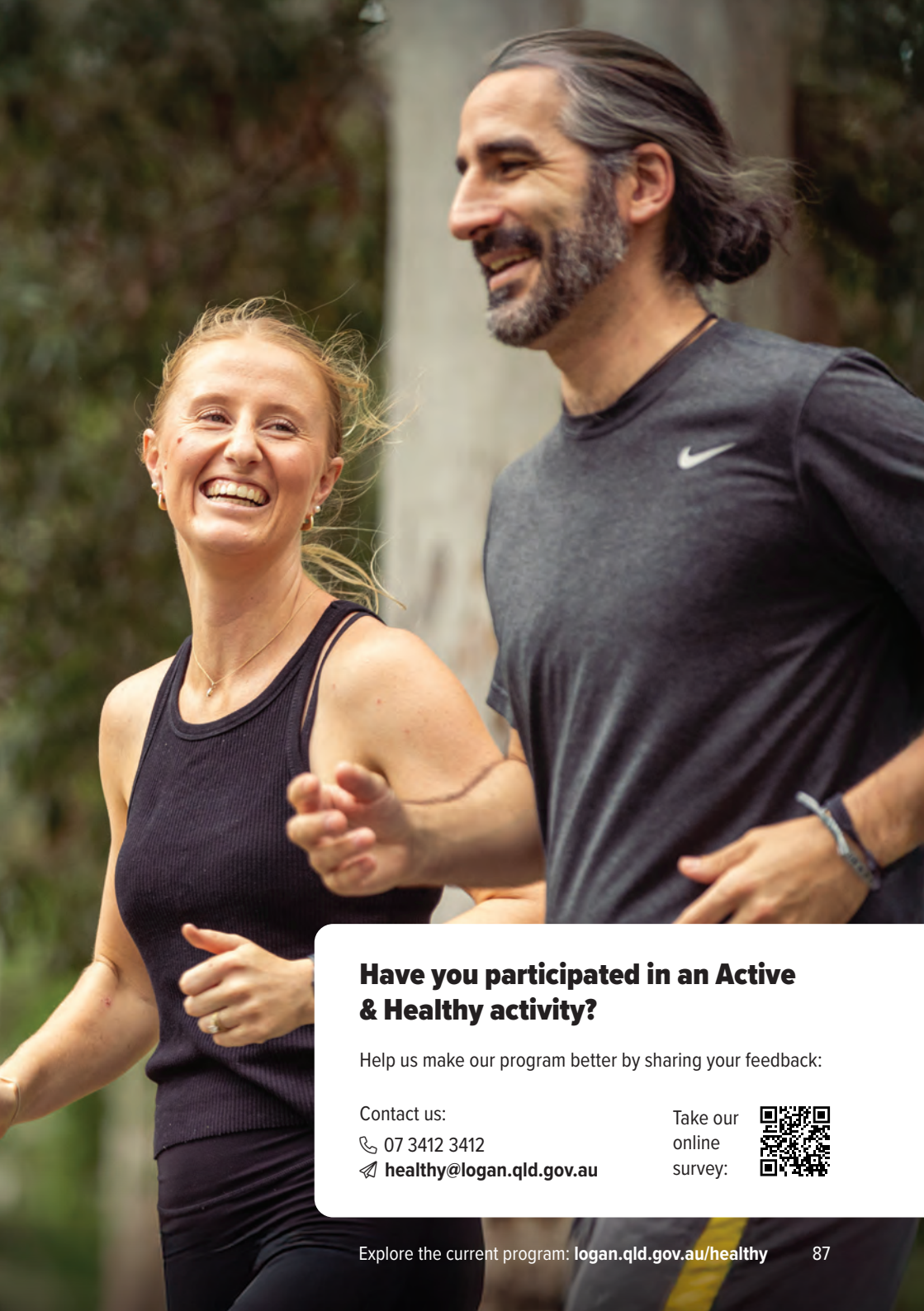
Active & Healthy funds the activities in this booklet, unless otherwise indicated. Activities are subject to change.

For the latest program and updates visit: logan.qld.gov.au/active-healthy-program

Disclaimer

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

Information contained in this program is correct at the time of printing and is subject to change. All content accurate as of July 2025.



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

Take our
online
survey:



Logan City Council

📍 150 Wembley Road
Logan Central

☎ 07 3412 3412

✉ council@logan.qld.gov.au

Golf Fore Women

logan.qld.gov.au/healthy



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LOGAN