

Active & Healthy

January – June 2026



Free and low-cost health and

wellbeing activities in Logan



Fitness



16

Health and wellbeing



32

Community Gardens in Logan 38

Off-leash Dog Parks in Logan 45

Sport, recreation and outdoors



Stretch and move



Environment Events and Activities	56
Skate Parks in Logan	60
Water Parks in Logan	66

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:
 - Sunday 11 January 2026 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 32.

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

Stretch and move classes give you the opportunity to get your body moving in any way you can. Improve your health and fitness without breaking a sweat – pg 68.

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.
- Ⓜ – indicates activities suitable for **young people** between 12 to 25 years old.
- Ⓞ – indicates activities suitable for **older adults** to enjoy.
- ⓘ – 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

Y – Young people

i – Nutrition and cooking

😊 – Children and families

S – Older adults

☆ – Promoted

Monday

TIME	ACTIVITY	SUBURB	PAGE
6 am	Walking Groups 😊 Y S ☆	Priestdale	67
7 am	Walking Groups 😊 Y S ☆	Logan Central	67
	Men's Sheds S ☆	Hillcrest	40
8 am	Aqua Aerobics ⊕	Beenleigh	17
	FREE Type 2 Diabetes Prevention Program S ☆	Meadowbrook	35
	FREE Type 2 Diabetes Program S ☆	Meadowbrook	35
	Men's Sheds S ☆	Beenleigh	40
	Men's Sheds S ☆	Logan Village	40
	Men's Sheds S ☆	North MacLean	40
	Tai Chi 😊 S	Regents Park	77
	Walking Football ⊕ S	Greenbank	66
8:30 am	Pickleball 😊 Y S	Mount Warren Park	59
8:50 am	Dance (Tiny Tots) 😊	Rochedale South	54
9 am	Balance and Falls Prevention ⊕	Crestmead	69
	Croquet ⊕ S	Eagleby	50
	Tai Chi 😊 S	Regents Park	77
9:30 am	Gentle Circuit ⊕	Springwood	22
	Restorative Yoga ⊕ Y S	Shailer Park	76
	Yoga (Gentle) ⊕ ☆	Underwood	79
	Zumba Gold Y S	Beenleigh	28
10 am	Cancer Care Yoga ⊕	Loganlea	69
	Laughter Yoga ⊕ ☆	Beenleigh	71
	Playgroup 😊 ☆	Berrinba	41

Ⓛ – Low-intensity

Ⓨ – Young people

ⓘ – Nutrition and cooking

Ⓜ – Children and families

Ⓢ – Older adults

★ – Promoted

Monday

TIME	ACTIVITY	SUBURB	PAGE
10:30 am	Chair Exercise Ⓛ Ⓜ Ⓨ Ⓢ	Slacks Creek	21
	Gentle Exercise Ⓛ	Mount Warren Park	23
	Pilates (Mat) Ⓛ	Crestmead	74
10:45 am	Yoga (Chair) Ⓛ ★	Underwood	78
11:30 am	Chair Aerobics Ⓛ ★	Kingston	20
	Gentle Exercise Ⓛ	Underwood	23
	Yoga (Chair) Ⓛ Ⓢ	Loganholme	78
1 pm	Dance (Beginner Line Dancing) ★	Kingston	51
3:30 pm	Walking Groups Ⓜ Ⓨ Ⓢ ★	Daisy Hill	67
4 pm	Basketball Ⓨ ★	Greenbank	48
5 pm	Run Group ★	Berrinba	59
5:10 pm	Pilates (Mat, Child Friendly) Ⓛ ★	Underwood	74
5:30 pm	Dance (No Lights No Lycra) Ⓛ	Kingston	53
	Pilates Ⓛ	Mount Warren Park	73
6 pm	Bootcamp for Families Ⓜ	Waterford West	19
	Yoga (Gentle) Ⓛ	Logan Central	79
	Zumba Gold ★	Springwood	28
6:30 pm	Step Class	Slacks Creek	27
7 pm	Low Impact Fitness Ⓛ	Hillcrest	24

Tuesday

TIME	ACTIVITY	SUBURB	PAGE
5:45 am	Hot 26/2 Express (Yoga)	Underwood	70
6 am	Walking Groups Ⓜ Ⓨ Ⓢ ★	Priestdale	67

 – Low-intensity

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Tuesday

TIME	ACTIVITY	SUBURB	PAGE
6:15 am	Gentle Movement 	Logan Central	24
7 am	Walking Groups    	Logan Central	67
	Men's Sheds  	Hillcrest	40
8 am	FREE Type 2 Diabetes Prevention Program  	Meadowbrook	35
	FREE Type 2 Diabetes Program  	Meadowbrook	35
	Men's Sheds  	Beenleigh	40
8:15 am	Fit Over 50's  	Rochedale South	22
8:30 am	Seniors Functional Fitness 	Bethania	27
9 am	Independent Movement – Lower Body Exercise Class  	Crestmead	70
	Social Group for Men  	Eagleby	42
	Women's Shed  	Logan Village	43
9:30 am	Adaptive Aqua Adventure  	Carbrook	47
	Aqua Aerobics 	Underwood	17
	Babies Day Out  	Berrinba	33
	Tai Chi   	Logan Central	77
	Thunder Tots 	Shailer Park	66
	Yoga (Over 50's)   	Beenleigh	80
10 am	CANmove 	Waterford West	20
	Mums and Bubs Pilates  	Loganholme	72
	Social Group for Women  	Eagleby	43
10:15 am	Pilates (Mat, Child Friendly)  	Underwood	74
10:30 am	Adapted Aquatics 	Underwood	69
	Gentle Exercise 	Crestmead	23
	Zumba Gold  	Mount Warren Park	28

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Tuesday

TIME	ACTIVITY	SUBURB	PAGE
11:30 am	Move More Ⓢ Ⓢ	Underwood	25
	Pilates (Chair) Ⓢ	Loganholme	73
12 pm	Adult and Seniors Cooking Club Ⓢ Ⓜ	Slacks Creek	33
12:45 pm	Hydrotherapy Ⓢ Ⓢ	Kingston	37
1 pm	Family History Ⓢ Ⓜ	Logan Village	34
	Yoga (Chair) Ⓢ Ⓢ	Jimboomba	78
1:30 pm	Boost Your Fitness Ⓢ Ⓢ	Logan Village	18
	Soccer for Kids 😊	Priestdale	62
2:05 pm	Soccer for Kids 😊	Priestdale	62
3 pm	Qi Gong (Chinese Yoga) Ⓢ	Hillcrest	75
3:30 pm	Walking Groups 😊 Ⓜ Ⓢ Ⓜ	Daisy Hill	67
3:40 pm	Bootcamp for Kids (Juniors) 😊	Slacks Creek	19
4:30 pm	Yoga (Mindful Movement) Ⓢ	Beenleigh	80
4:45 pm	Run Group Ⓜ	Berrinba	59
5:30 pm	Sunset Yoga Ⓜ	Greenbank	76
6 pm	Yoga Ⓢ	Mount Warren Park	78
6:15 pm	Dance (Adults Ballet)	Rochedale South	50
7:15 pm	Dance (Adults Ballroom – DanceSport)	Rochedale South	51

Wednesday

TIME	ACTIVITY	SUBURB	PAGE
5 am	Run Group Ⓜ	Berrinba	59
6 am	Walking Groups 😊 Ⓜ Ⓢ Ⓜ	Priestdale	67
7 am	Walking Groups 😊 Ⓜ Ⓢ Ⓜ	Logan Central	67
	Men's Sheds Ⓢ Ⓜ	Hillcrest	40

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Wednesday

TIME	ACTIVITY	SUBURB	PAGE
8 am	Aqua Aerobics 	Bethania	17
	FREE Type 2 Diabetes Prevention Program  	Meadowbrook	35
	FREE Type 2 Diabetes Program  	Meadowbrook	35
	Men's Sheds  	Crestmead	40
	Men's Sheds  	Logan Village	40
	Men's Sheds  	North MacLean	40
	Men's Sheds  	Park Ridge	40
	Walking Football  	Greenbank	66
8:30 am	Pickleball   	Mount Warren Park	59
8:40 am	Mum and Kid Fitness 	Yarrabilba	25
9 am	Camping Skills  	Marsden	49
	Pilates 	Crestmead	73
	Playgroup  	Greenbank	41
	Yoga (Gentle) 	Marsden	79
9:30 am	Cardio Barre  	Underwood	70
	Dance (Bellydance)   	Slacks Creek	52
	Qigong and Taiji  	Waterford West	75
	Survival in the Bush  	Daisy Hill	63
	Zumba Gold  	Beenleigh	28
10 am	Healthy Ageing Hub  	Logan Central	36
	Messy Wednesdays  	Berrinba	40
10:30 am	Chair Exercise    	Slacks Creek	21
	Gentle Exercise 	Mount Warren Park	23
	Zumba Gold  	Crestmead	28
11:15 am	Fitter for Life (Gymnastics)  	Beenleigh	22
12 pm	Lunchtime Yoga for Workers 	Underwood	71
1 pm	Aqua Aerobics 	Kingston	17

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😊 – Children and families

Ⓢ – Older adults

⊕ – Promoted

Wednesday

TIME	ACTIVITY	SUBURB	PAGE
1:30 pm	Soccer for Kids 😊	Meadowbrook	62
2:05 pm	Soccer for Kids 😊	Meadowbrook	62
3:30 pm	Walking Groups 😊 Ⓜ Ⓢ ⊕	Daisy Hill	67
4:45 pm	Run Group ⊕	Berrinba	59
6 pm	Outdoor Group Fitness Class	Waterford	26
	Pole Fitness – Beginner	Hillcrest	26
	Zumba Toning ⊕	Springwood	29
6:30 pm	Dance (Ballet)	Berrinba	51
	Pickleball 😊 Ⓜ Ⓢ	Regents Park	59
7:15 pm	Dance (Jazz)	Berrinba	53
8 pm	Dance (Tap)	Berrinba	54

Thursday

TIME	ACTIVITY	SUBURB	PAGE
6 am	Walking Groups 😊 Ⓜ Ⓢ ⊕	Priestdale	67
7 am	Walking Groups 😊 Ⓜ Ⓢ ⊕	Logan Central	67
7:30 am	Walking Groups 😊 Ⓜ Ⓢ ⊕	Loganholme	67
7:45 am	Tai Chi ⊕ Ⓢ	Greenbank	77
8 am	Aqua Aerobics ⊕	Hillcrest	17
	FREE Type 2 Diabetes Prevention Program Ⓢ ⊕	Meadowbrook	35
	FREE Type 2 Diabetes Program Ⓢ ⊕	Meadowbrook	35
	Men's Sheds Ⓢ ⊕	Beenleigh	40
	Men's Sheds Ⓢ ⊕	Crestmead	40
	Men's Sheds Ⓢ ⊕	Park Ridge	40
8:15 am	Fit Over 50's Ⓢ ⊕	Rochedale South	22
8:30 am	Seniors Functional Fitness Ⓢ	Bethania	27

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Thursday

TIME	ACTIVITY	SUBURB	PAGE
9 am	Bushwalking  	Springwood	49
	Camping Skills  	Marsden	49
	Women's Shed  	Logan Village	43
9:30 am	Bush Kindy/Playgroup 	Bahrs Scrub	49
	Fun and Fit Over 50  	Logan Central	36
	Survival in the Bush  	Daisy Hill	63
	Tai Chi  	Jimboomba	77
	Zumba Gold 	Chambers Flat	28
10 am	Coffee Group for Seniors  	Greenbank	34
	Mums and Bubs Yoga  	Loganholme	72
10:30 am	Gentle Exercise 	Underwood	23
	Yoga 	Mount Warren Park	78
10:45 am	Fun and Fit Over 50  	Logan Central	36
11 am	Adapted Aquatics 	Beenleigh	69
11:30 am	Chair Aerobics  	Kingston	20
	Pilates (Parkinson's and MS) 	Loganholme	74
1:30 pm	Soccer for Kids 	Jimboomba	62
2 pm	Relaxing Creative Class  	Loganlea	42
2:05 pm	Soccer for Kids 	Jimboomba	62
3:30 pm	Basketball – Beginner Skills Program 	Shailer Park	48
3:40 pm	Bootcamp for Kids (Seniors) 	Slacks Creek	19
4:45 pm	Run Group 	Berrinba	59
5 pm	Inclusive Family Fitness 	Beenleigh	24
5:30 pm	Bootcamp  	Crestmead	18

Ⓣ – Low-intensity

Ⓨ – Young people

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Ⓢ – Older adults

Ⓢ – Promoted

Thursday

TIME	ACTIVITY	SUBURB	PAGE
6 pm	Bootcamp Ⓢ	Greenbank	18
	Family Drug Support Ⓢ	Eagleby	34
	Yoga (Gentle) Ⓣ	Logan Central	79
6:45 pm	Pilates Ⓣ	Underwood	73

Friday

TIME	ACTIVITY	SUBURB	PAGE
5 am	Run Group Ⓢ	Berrinba	59
6 am	Walking Groups Ⓜ Ⓨ Ⓢ Ⓢ	Priestdale	67
7 am	Men's Sheds Ⓢ Ⓢ	Hillcrest	40
	Walking Groups Ⓜ Ⓨ Ⓢ Ⓢ	Logan Central	67
8 am	Aqua Aerobics Ⓣ	Eagleby	17
	FREE Type 2 Diabetes Prevention Program Ⓢ Ⓢ	Meadowbrook	35
	FREE Type 2 Diabetes Program Ⓢ Ⓢ	Meadowbrook	35
	Men's Sheds Ⓢ Ⓢ	Beenleigh	40
	Men's Sheds Ⓢ Ⓢ	Crestmead	40
	Men's Sheds Ⓢ Ⓢ	Logan Village	40
	Men's Sheds Ⓢ Ⓢ	North MacLean	40
	Tai Chi Ⓣ Ⓢ	Logan Village	77
	Walking Football Ⓣ Ⓢ Ⓢ	Greenbank	66
8:30 am	Walking Group for Parents and Caregivers Ⓜ Ⓢ	Shailer Park	43
9 am	Gentle Circuit Ⓣ	Crestmead	22
9:30 am	Dance (Bellydance) Ⓜ Ⓨ Ⓢ	Loganlea	52
	Rooftop Yoga	Loganholme	76
	Zumba Gold Ⓨ Ⓢ	Logan Central	28

 – Low-intensity

 – Young people

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Friday

TIME	ACTIVITY	SUBURB	PAGE
10 am	CANmove 	Waterford West	20
10:30 am	Gentle Exercise 	Mount Warren Park	23
10:45 am	Move More  	Crestmead	25
11:10 am	Pilates (Chair)  	Underwood	73
12 pm	Exercise for Parkinson's 	Underwood	21
	Lung Power 	Crestmead	25
	Swimming for Adults – 6 Weeks	Hillcrest	65
1:30 pm	Boost Your Fitness  	Logan Village	18
	Exercise for Parkinson's 	Crestmead	21
5:30 pm	Yoga (Hatha) 	Bethania	79
6:30 pm	Weight Lifting for Beginners	Slacks Creek	27
6:45 pm	Relax and Meditate 	Bethania	75

Saturday

TIME	ACTIVITY	SUBURB	PAGE
7 am	Bootcamp for Families 	Waterford West	19
	Parkrun    	Berrinba	58
	Parkrun    	Yarrabilba	58
	Parkrun    	Beenleigh	58
	Parkrun    	Meadowbrook	58
	Parkrun    	Greenbank	58
	Parkrun    	Priestdale	58
	7:10 am	Extreme Hip Hop Step	Crestmead
8 am	Badminton (Social)    	Logan Central	47
	Boxing Bootcamp	Slacks Creek	20
	Men's Sheds  	Crestmead	40

☺ – Low-intensity

Y – Young people

i – Nutrition and cooking

☺ – Children and families

S – Older adults

☆ – Promoted

Saturday

TIME	ACTIVITY	SUBURB	PAGE
8:15 am	Zen (Warm Yin) ☺	Underwood	81
9 am	Native Plant Gardening	Yarrabilba	58
9:30 am	Introduction to Martial Arts	Daisy Hill	55
10 am	Women's Shed S ☆	Logan Village	43
12 pm	Swimming for Adults – 6 weeks	Kingston	65
12:30 pm	Swimming and Water Safety for Kids – Little Lifeguards ☺	Kingston	64

Sunday

TIME	ACTIVITY	SUBURB	PAGE
6:30 am	Walking Groups ☺ Y S ☆	Crestmead	67
8 am	Nature Smartphone Photography	Yarrabilba	58
9 am	Native Plant Gardening	Yarrabilba	58
	Nature Smartphone Photography	Yarrabilba	58
	Yoga (Warm Yin) ☺	Underwood	80
10 am	Meditation Workshop ☺	Greenbank	37

Fitness



Bootcamp for Kids (Seniors) – PHITKID Fitness

Aqua Aerobics

Low impact water-based group fitness activity that will assist with a healthy lifestyle. Please bring a towel, swimwear, change of clothes and sunscreen. **Suitable for those aged 14 years and over.**

Bookings essential.

	WHEN	WHERE	CONTACT	COST
MONDAY	8 am to 8:45 am (School terms only)	Beenleigh Aquatic Centre City Rd, Beenleigh	City Venue Management  07 2803 4100  beenleigh@cityaquatics.com.au	\$5
TUESDAY	9:30 am to 10:15 am (School terms only)	Logan North Aquatic Centre 2 Sports Dr, Underwood	City Venue Management  07 3541 6150  logannorth@cityaquatics.com.au	\$5
WEDNESDAY	8 am to 8:45 am 28 Jan to 25 Mar 2026 (School terms only)	Bethania Aquatic Centre 88–118 Station Rd, Bethania	City Venue Management  07 2800 6797  bethania@cityaquatics.com.au	\$5
	1 pm to 1:45 pm (School terms only)	Gould Adams Park Aquatic Centre 558 Kingston Rd, Kingston	City Venue Management  07 3462 0269  kingston@cityaquatics.com.au	\$5
THURSDAY	8 am to 8:45 am (School terms only)	Logan West Aquatic Centre and Health Club 29 Wineglass Dr, Hillcrest	City Venue Management  07 3462 0290  loganwest@cityaquatics.com.au	\$5
FRIDAY	8 am to 8:45 am 30 Jan to 27 Mar 2026 (School terms only)	Eagleby Aquatic Centre 16 Cowper Ave, Eagleby	City Venue Management  07 2800 6798  eagleby@cityaquatics.com.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)

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	Complete Allied Health Care 131 Albert St, Logan Village	Complete Allied Health Care  07 5515 5678  loganvillage@completeahc.com.au	\$5
FRIDAY	1:30 pm to 2:30 pm	Complete Allied Health Care 131 Albert St, Logan Village	Complete Allied Health Care  07 5515 5678  loganvillage@completeahc.com.au	\$5

Bootcamp

These classes aim to build strength, flexibility, and fitness. Get fit using a range of exercises in a fun and social environment. Please bring a water bottle and towel. **Suitable for those aged 14 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
THURSDAY	5:30 pm to 6:30 pm	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 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	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	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 (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 (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 (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	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	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 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 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	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	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	Logan North Fitness Centre 2 Sports Dr, Underwood	City Venue Management  07 3541 6150  logannorth@cityhealthclubs.com.au	\$5
	1:30 pm to 2:30 pm	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 (School terms only)	Logan Metro Fitness Centre 357 Browns Plains Rd, Crestmead	Logan Leisure Centres  07 3081 6622  leisurecentres@logan.qld.gov.au	\$5

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 45 Glengala Dr, Rosedale South	In Force Personal Training  0410 602 023  ifpt@outlook.com.au  inforcepersonaltraining.com	\$10
THURSDAY	8:15 am to 9 am	In Force Personal Training 45 Glengala Dr, Rosedale South	In Force Personal Training  0410 602 023  ifpt@outlook.com.au  inforcepersonaltraining.com	\$10

Fitter for Life (Gymnastics)

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

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

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 14 Chatswood Rd, Springwood	NorthHab Health  07 3803 2100  reception@northhab.com.au	\$5
FRIDAY	9 am to 10 am	NorthHab Health 13–17 Julie St, Crestmead	NorthHab Health  07 3803 2100  reception@northhab.com.au	\$5

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	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	Logan North Fitness Centre 2 Sports Dr, Underwood	City Venue Management  07 3541 6150  logannorth@cityhealthclubs.com.au	\$5
TUESDAY	10:30 am to 11:30 am	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	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	Logan North Fitness Centre 2 Sports Dr, Underwood	City Venue Management  07 3541 6150  logannorth@cityhealthclubs.com.au	\$5
FRIDAY	10:30 am to 11:30 am	Mount Warren Sports and Fitness Centre 2 Milne St, Mount Warren Park	Logan Leisure Centres  07 3094 5401  leisurecentres@logan.qld.gov.au	\$5

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 1 Wembley Rd, Logan Central	Keep Moving Exercise Physiology  0437 542 996  jess@keepmovingep.com.au	\$5

Inclusive Family Fitness

A fun, inclusive, fitness family-friendly session that builds support, strength, confidence and community. Please bring a water bottle and towel. **Suitable for all ages. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
THURSDAY	5 pm to 6 pm (School terms only)	Beenleigh Neighbourhood Centre 10 James St, Beenleigh	SilverBackZ Association  0410 848 345  info@silverbackz.com.au	\$2 (free for U12's)

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	7 pm to 8 pm	Breathe PDA 7/98 Anzac Ave, Hillcrest	Breathe Pole Dance Academy  0432 763 607  info@breathepole danceacademy.com  breathepoledance academy.com/ makeanequiry	\$5

Lung Power

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

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

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	Logan North Fitness Centre 2 Sports Dr, Underwood	City Venue Management  07 3541 6150  logannorth@cityhealthclubs.com.au	\$5
FRIDAY	10:45 am to 11:45 am	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 (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 14 Jan to 25 Mar 2026	Woodlands District Parklands 1 Grand Tce, Waterford	Ripple Fitness ☎ 0415 533 181 ✉ dannripple@gmail.com	\$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 7/98 Anzac Ave, Hillcrest	Breathe Pole Dance Academy ☎ 0432 763 607 ✉ info@breathepole danceacademy.com 🌐 breathepoledance academy.com/ makeanequiry	\$5



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	Bethania Community Centre 88–118 Station Rd, Bethania	Ballycara Limited  1300 272 222  wellness@ballycara.com	\$5
THURSDAY	8:30 am to 9:30 am	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 (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 (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 (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 Murrarjong 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 (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 (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 (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 (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 (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
Rochedale South	Passerine Park, Underwood Road
Shailer Park	Featherstone Park, Almira Street
Slacks Creek	Mabel Park, Paradise Road
Waterford West	Carnation Park, Carnation Street
Yarrabilba	Darlington Parklands, Yarrabilba Drive



Health and wellbeing



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 10 Feb to 10 Mar 2026, 12 May to 9 Jun 2026 (School terms only)	Kingston East Neighbourhood Centre 177 Meakin Rd, Slacks Creek	Kingston East Neighbourhood Group  07 3808 1684  admin@keng.org.au	Free

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 165 Bardon Rd, Berrinba	Michelle Christensen  07 3208 1263  michelle.christensen@salvationarmy.org.au	Free



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

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.

first5forever

CITY OF LOGAN

STATE LIBRARY QUEENSLAND

Queensland Government

Free Type 2 Diabetes Prevention Program

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

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

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

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	Gould Adams Aquatic Centre 558 Kingston Rd, Kingston	Keep Moving Exercise Physiology  0437 542 996  jess@keepmovingep.com.au	\$5

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 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

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 or visit lccqld.com/gardenlocations for more information.



COMMUNITY GARDEN	ADDRESS
Beenleigh	Beenleigh Neighbourhood Centre, 10–12 James St, Beenleigh
Brookhaven	33 Menora Rd, Bahrs Scrub
Crestmead	Gimlet St, Crestmead
Eagleby	94–112 Fryar Rd, Eagleby
Elm Park	Elm Ave, Woodridge
Hyperdome	Corner of Pacific Hwy and Bryants Rd, Loganholme (behind Library)
Jimbelungare	Ryan Park, Loganlea
Jimboomba	101 Johanna St, Jimboomba
Kingston East	Kingston East Neighbourhood Centre, 177 Meakin Rd, Slacks Creek
Little Veggie Patch	121 Barbarella Dr, Springwood
Yarrabilba	Shaw St Oval, Yarrabilba



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 gooeey 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



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 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



Relaxing Creative Class

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

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

Social Group for Men

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

Walking Group for Parents and Caregivers (😊) (☆)

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

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



Pickleball – Mount Warren Sports and Fitness Centre



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 27 Jan to 31 Mar 2026 (School terms only)	Bayside Wake Park 80 Ferry Rd, Carbrook	Bayside Wake Park ☎ 07 3287 7777 ✉ baysidecablepark@gmail.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 2 Feb to 30 Mar 2026	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
THURSDAY	3:30 pm to 4:30 pm (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 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
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
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 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	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 (School terms only)	Intrinsic Dance Studios 2/196 Parfrey Rd, Rosedale 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 (School terms only)	Intrinsic Dance Studios 2/196 Parfrey Rd, Rochedale South	Intrinsic Dance Studios ☎ 0419 640 998 ✉ admin@intrinsicdance.com.au 🌐 trybooking.com/CXQHP	\$7

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
WEDNESDAY	6:30 pm to 7:15 pm (School terms only)	Reese Dance 2/18 Prospect Pl, Berrinba	Reese Dance ☎ 0433 269 469 ✉ info@reesedance.com.au	\$5

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 (School terms only)	Gould Adams Community Centre 558 Kingston Rd, Kingston	Australasian Dancesport ☎ 07 3412 9918 ✉ bstanton@ssi.org.au	\$2



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	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	Loganlea Community Centre 28–32 Timms St, Loganlea	Bellydance with Renata ☎ 0400 701 676 ✉ revasi@hotmail.com	\$5

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
WEDNESDAY	7:15 pm to 8 pm (School terms only)	Reese Dance 2/18 Prospect Pl, Berrinba	Reese Dance ☎ 0433 269 469 ✉ info@reesedance.com.au	\$5

Dance (No Lights No Lycra) Ⓣ

This fun dance class does not teach structured moves but encourages you to move to your rhythm in a safe, non-judgemental space. The lights will be turned low and the music will be turned up! Please wear enclosed shoes and bring a water bottle and towel. **Suitable for those aged 18 years and over.**

	WHEN	WHERE	CONTACT	COST
MONDAY	5:30 pm to 6:30 pm	Gould Adams Community Centre 558 Kingston Rd, Kingston	No Lights No Lycra ☎ 0438 357 433 ✉ nlnlkingston@yahoo.com	\$5



When people think of bellydance, they think of the belly dances you see on stages and in the restaurants — it's not like that. It's a group of women who come together and dance and have fun. It was just fun, energetic, everyone was friendly, welcoming. I just loved it so much that I wanted to keep coming back.



Janna C. on **Dance (Bellydance)** with Renata (pg 52)

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
WEDNESDAY	8 pm to 8:45 pm (School terms only)	Reese Dance 2/18 Prospect Pl, Berrinba	Reese Dance ☎ 0433 269 469 ✉ info@reeseedance.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 (School terms only)	Intrinsic Dance Studios 2/196 Parfrey Rd, Rochedale South	Intrinsic Dance Studios ☎ 0419 640 998 ✉ admin@intrinsicdance.com.au 🌐 trybooking.com/CXQHP	\$7





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 (School terms only)	Daisy Hill Squash Courts 18a Allamanda Dr, Daisy Hill	David King's Taekwondo Academy ☎ 0410 645 552 ✉ davidkingtkd@gmail.com	\$5

Environment events and activities

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

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

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





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
	17 Jan 2026, 16 May 2026	Darlington Dr, Yarrabilba	📞 0420 580 031 ✉ info@workeco.com.au	
SUNDAY	9 am to 11 am	Yarrabilba Community Gardens	Work Eco	\$5
	15 Mar 2026	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	8 am to 10 am	Plunkett Conservation Park	Work Eco	Free
	1 Feb 2026	Dryander St, Yarrabilba	📞 0420 580 031 ✉ info@workeco.com.au	
SUNDAY	9 am to 11 am	Plunkett Conservation Park	Work Eco	Free
	12 Apr 2026	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	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	Mount Warren Sports and Fitness Centre 2 Milne St, Mount Warren Park	Logan Leisure Centres  07 3094 5401  leisurecentres@logan.qld.gov.au	\$5
	6:30 pm to 8:30 pm	St Bernardines Primary School Sports Hall 25 Vergulde Rd, Regents Park	Best Plains Pickleball Club  0418 780 772  bestplainspickleball@gmail.com	\$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	Berrinba Wetlands Wayne Goss Dr, Berrinba	Berrinba Runners  0407 626 761  berrinbarunners@yahoo.com  revolutionise.com.au/ berrinba	1 month
	TUE 4:45 pm			free trial
	WED 5 am & 4:45 pm			\$45/yr
	THU 4:45 pm			\$17/yr
	FRI 5 am			juniors



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

Skate parks in Logan



Ride your skateboard, roller skates, scooter, or bike at Logan's best skate parks! Whether you're a beginner or advanced rider, these parks cater for all skill levels.

SUBURB	ADDRESS
Beenleigh	Doug Larsen Park, Logan Street
Bethania	Federation Drive Reserve, Federation Drive
Boronia Heights	Highland Park, Eugene Street
Browns Plains	Waller Park, Waller Road
Crestmead	Crestmead Park, Gimlet Street Coffey Park, Coffey Street
Eagleby	Albert River Park, Ramu Street
Edens Landing	Chatfield Park, Lindau Street Leighton Fields, Loane Drive
Flagstone	Flagstone Regional Park, Flagstonian Drive
Greenbank	Greenbank Recreation Reserve, Middle Road Ison Park, Ison Road
Jimboomba	Jimboomba Park, South Street
Loganholme	Tudor Park, Clarks Road
Loganlea	Sturdee Park, Sturdee Street
Logan Village	Village Green, River Street
Marsden	Pauline Park, Pauline Street
Munruben	Wearing Park, Greenhill Road
Priestdale	Underwood Park, Underwood Road
Shailer Park	Shailer Pioneer Park, Harley Street
Springwood	Barbaralla Park, Barbaralla Drive
Waterford	Woodlands District Park, Grand Terrace
Waterford West	Tygun Park, Tygun Road
Windaroo	Activity Park, Ernest Street
Woodridge	Oates Park, Oates Avenue Woodridge Adventure Park, Kingston Road

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 (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 (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 (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 (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 (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 (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 ☺ ☹

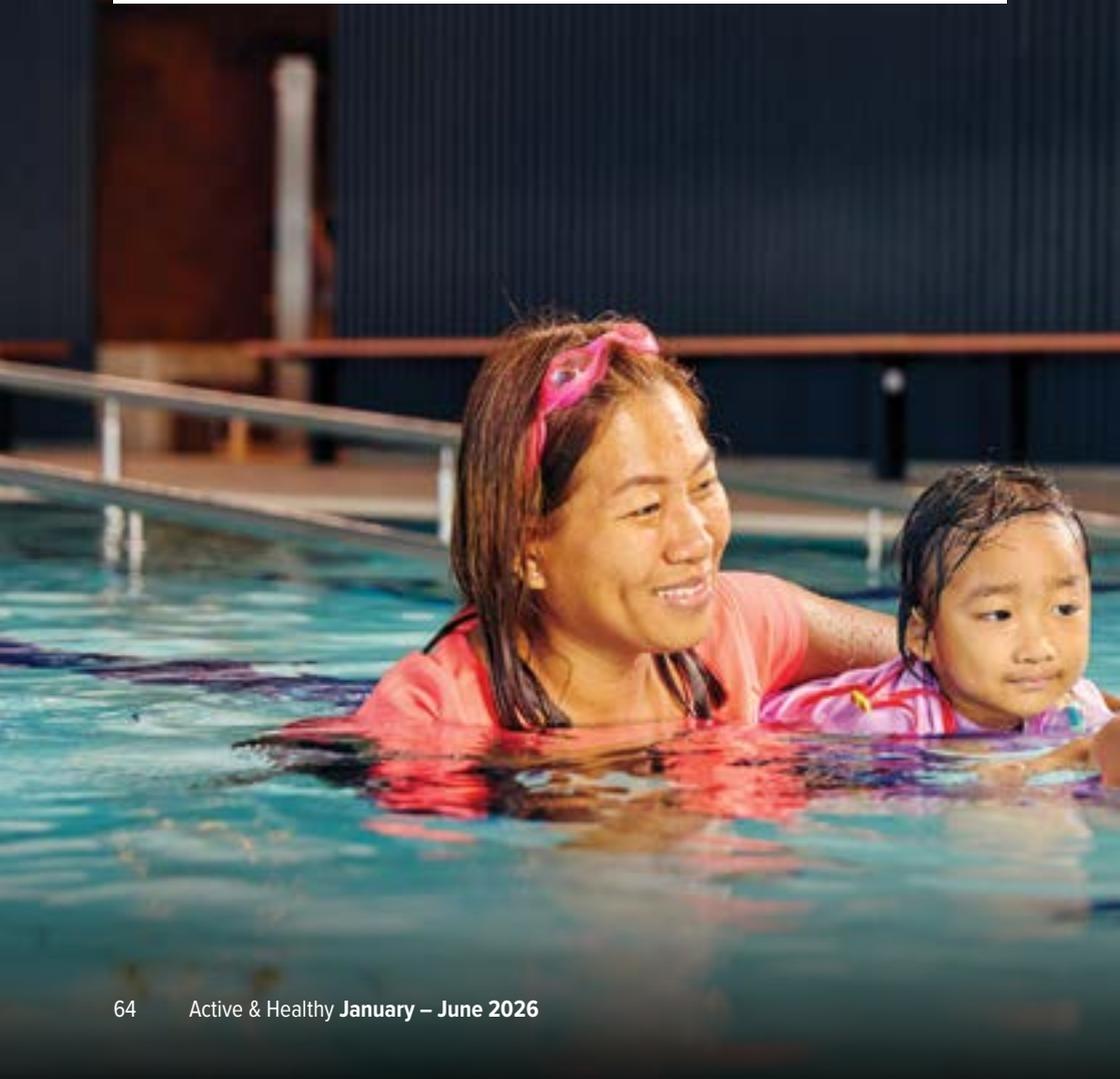
Join a fun camping adventure – learn how to choose a site, set up camp and tackle surprises. Enjoy damper by the fire as a reward! Please wear sun-safe clothing, a hat, enclosed shoes and bring a water bottle and a snack. **Suitable for those aged 10 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
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 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.**

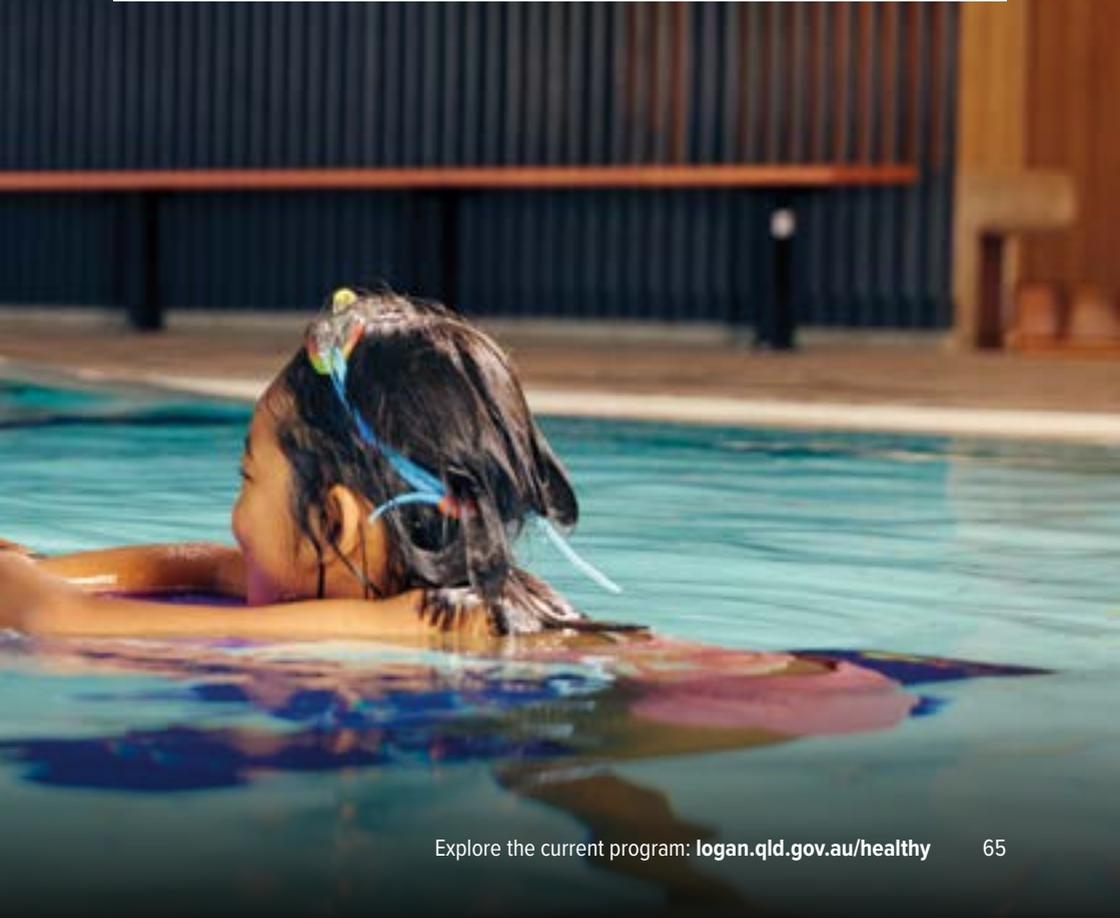
	WHEN	WHERE	CONTACT	COST
SATURDAY	12:30 pm to 1:30 pm 7 Feb to 14 Mar 2026, 2 May to 6 Jun 2026 (School terms only)	Gould Adams Park Aquatic Centre 558 Kingston Rd, Kingston	The Aqua English Project ☎ 0406 063 737 ✉ info@aquaenglish.com.au 🌐 aquaenglish.com.au	\$2



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
FRIDAY	12 pm to 1:30 pm 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 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 (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.** *\$10 annual membership fee payable after first 3 sessions.

	WHEN	WHERE	CONTACT	COST
MONDAY	8 am to 10 am	Greenbank Recreation Reserve 720–768 Middle Rd, Greenbank	Greenbank Walking Football  greenbankwalkingfootball@proton.me	Free*
WEDNESDAY	8 am to 10 am	Greenbank Recreation Reserve 720–768 Middle Rd, Greenbank	Greenbank Walking Football  greenbankwalkingfootball@proton.me	Free*
FRIDAY	8 am to 10 am	Greenbank Recreation Reserve 720–768 Middle Rd, Greenbank	Greenbank Walking Football  greenbankwalkingfootball@proton.me	Free* 

Water Parks in Logan

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

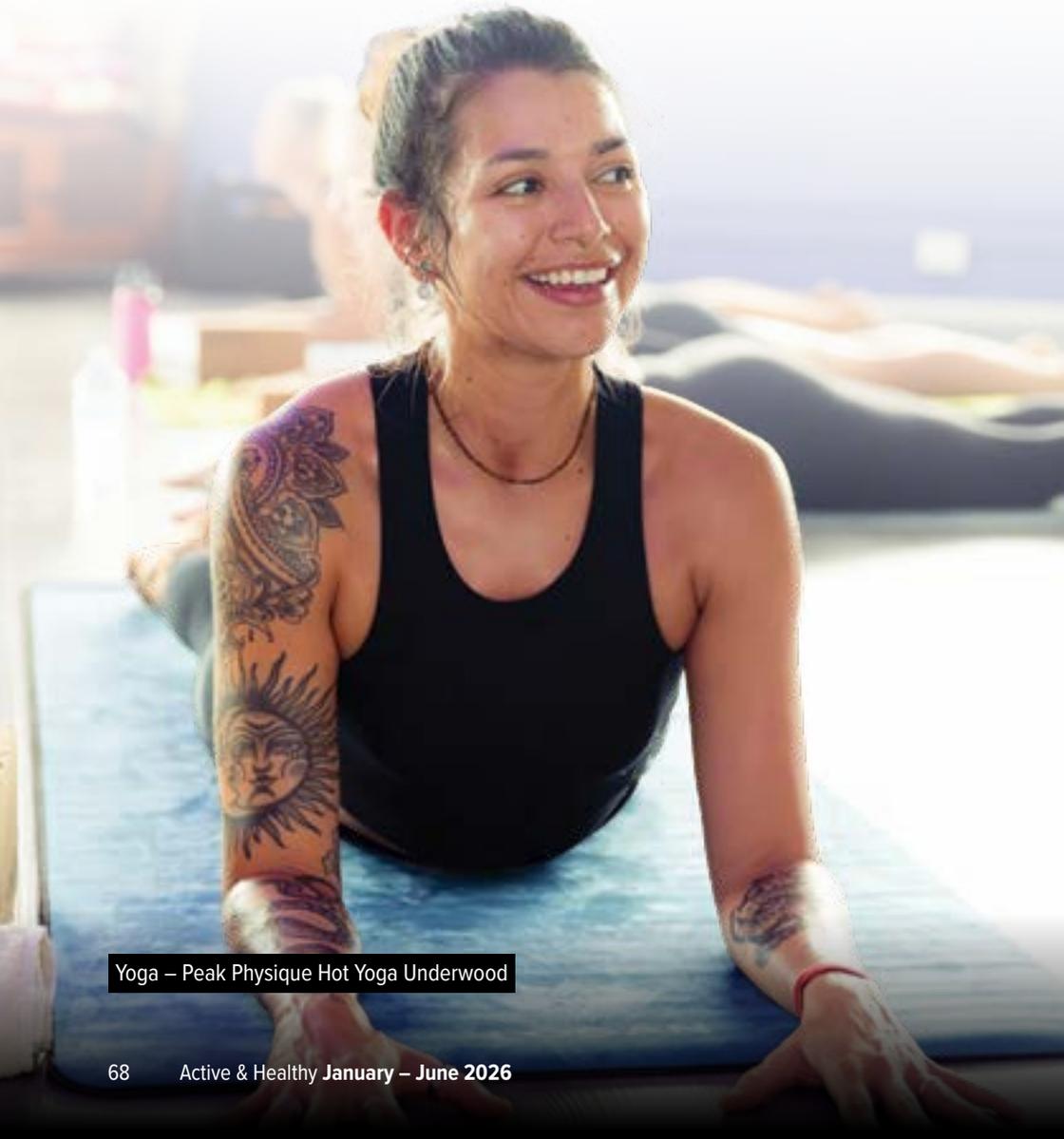
Get involved in the many walking groups in Logan. Start your own group or walk as an individual with the new Heart Foundation app. Visit: walking.heartfoundation.org.au or phone **13 11 12** to get started today.

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
SUN 6:30 am	Crestmead Wellness Walkers Crestmead Park, Gimlet St, Crestmead  Meet at the car park	Heart Foundation Walking Roger Shen  regdorcn97@hotmail.com

Proudly supported by



Stretch and move



Yoga – Peak Physique Hot Yoga Underwood

Adapted Aquatics

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

	WHEN	WHERE	CONTACT	COST
TUESDAY	10:30 am to 11 am (School terms only)	Logan North Aquatic Centre 2 Sports Dr, Underwood	City Venue Management  07 3541 6150  logannorth@cityaquatics.com.au	\$5
THURSDAY	11 am to 11:30 am (School terms only)	Beenleigh Aquatic Centre City Rd, Beenleigh	City Venue Management  07 2803 4100  beenleigh@cityaquatics.com.au	\$5

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 13–17 Julie St, Crestmead	NorthHab Health  07 3803 2100  reception@northhab.com.au	\$5

Cancer Care Yoga

Gentle movement classes for people living with cancer, focused on restoring flexibility and fascia health to support overall wellbeing before and after surgery. Please bring a water bottle, towel and yoga mat. **Suitable for those aged 16 years and over. Bookings essential.**

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

Cardio Barre

Cardio Barre fuses Mat Pilates with ballet-inspired moves to boost heart rate, strength, and coordination — set to upbeat music. No dance experience needed. Please bring a water bottle and towel. **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 Level 1, 3245 Logan Rd, Underwood	Inna Essence  0468 446 444  hello@innaessence.com  innaessence.com/session-times	\$10

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

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

Laughter Yoga

A mix of laughter exercises, yoga breathing, and playful movement to boost your physical, emotional and social wellbeing. Reduce stress, enhance mind, mood, body and connect people together.

Laughter yoga requires zero skill and no flexibility! Please bring a water bottle, towel and yoga mat.

Suitable for all ages. Bookings essential. *Gold coin donation appreciated.

	WHEN	WHERE	CONTACT	COST
MONDAY	10 am to 11 am (1st & 3rd Monday of every month)	Beenleigh Neighbourhood Centre 10 James St, Beenleigh	Beenleigh Neighbourhood Centre  07 3287 2840  events@beenleigh.org.au	Free*

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	12 pm to 1 pm	Peak Physique Hot Yoga Underwood 6B/2958 Logan Rd, Underwood	Peak Physique  0408 133 075  underwood@peakphysiquehotyoga.com.au	\$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 77)

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	Wellwood Health 3918 Pacific Hwy, Loganholme	Wellwood Health  0415 849 941  info@wellwoodhealth.com  Please book via the Wellwood Health app	\$5

Mums and Bubs Yoga

Rebuild strength and stability in this parents and bubs yoga class. Connect with your baby and other parents in a supportive space. 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 3918 Pacific Hwy, Loganholme	Wellwood Health  0415 849 941  info@wellwoodhealth.com  Please book via the Wellwood Health app	\$5

Pilates

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

Bookings essential.

	WHEN	WHERE	CONTACT	COST
MONDAY	5:30 pm to 6:30 pm (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 am to 10 am (16 years and over)	NorthHab Health 13–17 Julie St, Crestmead	NorthHab Health  07 3803 2100  reception@northhab.com.au	\$5
THURSDAY	6:45 pm to 7:30 pm (14 years and over)	Logan North Fitness Centre 2 Sports Dr, Underwood	City Venue Management  07 3541 6150  logannorth@cityhealthclubs.com.au	\$5

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 3918 Pacific Hwy, Loganholme	Wellwood Health  0415 849 941  info@wellwoodhealth.com  Please book via the Wellwood Health app	\$5
FRIDAY	11:10 am to 12 pm	Inna Essence Studio Level 1, 3245 Logan Rd, Underwood	Inna Essence  0468 446 444  hello@innaessence.com  innaessence.com/session-times	\$10 

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 357 Browns Plains Rd, Crestmead	Logan Leisure Centres  07 3081 6622  leisurecentres@logan.qld.gov.au	\$5

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 Level 1, 3245 Logan Rd, Underwood	Inna Essence  0468 446 444  hello@innaessence.com  innaessence.com/session-times	\$10
TUESDAY	10:15 am to 10:55 am	Inna Essence Studio Level 1, 3245 Logan Rd, Underwood	Inna Essence  0468 446 444  hello@innaessence.com  innaessence.com/session-times	\$10

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 3918 Pacific Hwy, Loganholme	Wellwood Health  0415 849 941  info@wellwoodhealth.com  Please book via the Wellwood Health app	\$5

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 29 Wineglass Dr, Hillcrest	Shaolin Kung Fu Guan  0421 356 606  shaolinkungfuguan@hotmail.com	Free

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 Park Rd, Waterford West	Empyrean Internal and Esoteric Arts  0491 111 451  arts.emyrean@gmail.com	\$5

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 (3rd Friday of month)	Bethania Community Centre 88–118 Station Rd, Bethania	Australian School of Meditation and Yoga  0403 262 069  amit@asmy.org.au	Free

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 381 Chatswood Rd, Shailer Park	Inside Retreats  0415 841 973  info@insideretreats.com.au  insideretreats.com.au/yoga	\$5

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) 46 Burchill St, Loganholme	Brisbane Rooftop Yoga  07 3062 4388  brisbanerooftopyoga@gmail.com  brisbanerooftopyoga.com	Free

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 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 12 Jan 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 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 (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 (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 (18 years and over)	Logan Village Green Wharf St, Logan Village	Logan Tai Chi  0466 954 646  admin@logantaichi.au	\$5



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

	WHEN	WHERE	CONTACT	COST
TUESDAY	6 pm to 7 pm	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	Mount Warren Sports and Fitness Centre 2 Milne St, Mount Warren Park	Logan Leisure Centres  07 3094 5401  leisurecentres@logan.qld.gov.au	\$5

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 (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 
	11:30 am to 12:30 pm (12 years and over)	Wellwood Health 3918 Pacific Hwy, Loganholme	Wellwood Health  0415 849 941  info@wellwoodhealth.com  Please book via the Wellwood Health app	\$5 
TUESDAY	1 pm to 2 pm (50 years and over)	Caddies Community Centre 19–33 South St, Jimboomba	The Yoga Partnership  0466 579 708  theyogapartnership@gmail.com  theyogapartnership.com.au	\$5 

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 (15 years and over)	Logan Central Community Centre 9–11 Jacaranda Ave, Logan Central	Yoga and More Studio  0432 662 154  katie@qtimefitness.com  qtimefitness.com.au	\$5
WEDNESDAY	9 am to 10 am (School terms only) (15 years and over)	Marsden & District Progress Association Community Hall 127 Third Ave, Marsden	Yoga and More Studio  0432 662 154  katie@qtimefitness.com  qtimefitness.com.au	\$5
THURSDAY	6 pm to 7 pm (15 years and over)	Logan Central Community Centre 9–11 Jacaranda Ave, Logan Central	Yoga and More Studio  0432 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	Bethania Community Centre 88–118 Station Rd, Bethania	Australian School of Meditation and Yoga  0403 262 069  amit@asmy.org.au	\$5

Yoga (Mindful Movement) Ⓣ

This class is designed to help alleviate aches and pains from the strains of work and we will move and breathe into a calmer state. The class will give you tools to help support you mentally and physically in the demands of life. **Suitable for those aged 18 years and over. Bookings essential.**

	WHEN	WHERE	CONTACT	COST
TUESDAY	4:30 pm to 5:30 pm (School terms only)	Beenleigh Neighbourhood Centre 10 James St, Beenleigh	The Yoga Partnership ☎ 0466 579 708 ✉ theyogapartnership@gmail. com 🌐 theyogapartnership.com.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	Peak Physique Hot Yoga Underwood 6B/2958 Logan Rd, Underwood	Peak Physique ☎ 0408 133 075 ✉ underwood@ peakphysiquehotyoga. com.au	\$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	Logan North Fitness Centre 2 Sports Dr, Underwood	City Venue Management  07 3541 6150  logannorth@cityhealthclubs.com.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.
- Ⓢ – 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.

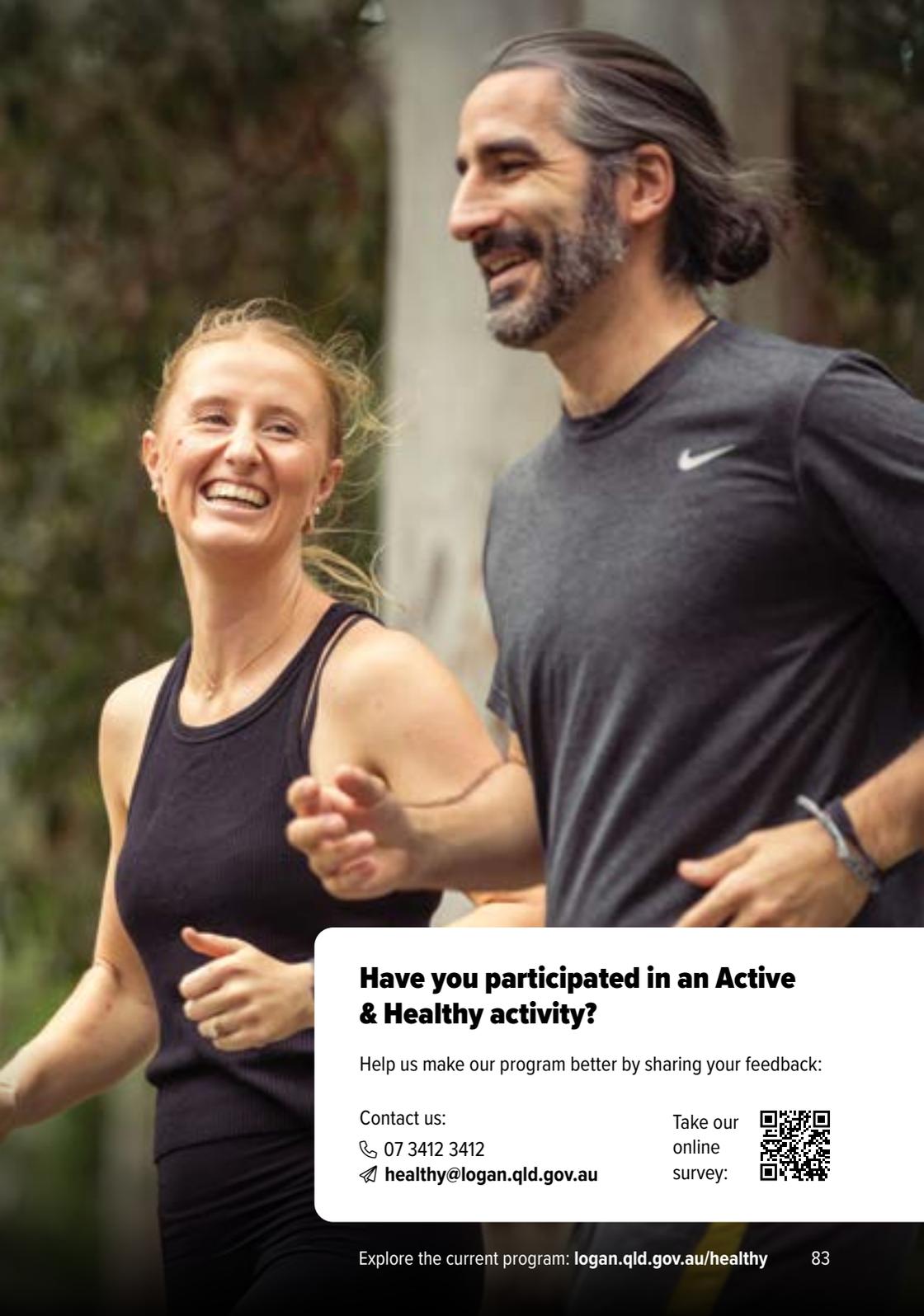
Active & Healthy funds the activities in this booklet, unless otherwise indicated. Activities are subject to change.

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 December 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

Carol – Tai Chi

logan.qld.gov.au/healthy

