

ACTIVIES IN GYMPIE

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U3A

[U3agympie.com/classes/](https://u3agympie.com/classes/)

What:	Where:	When:	Cost:
Active chair yoga	Uni SC campus	Friday 9:30-10:15	\$30 / term
Beginners yoga	Avenues Hall 37 Red Hill Road	Thursday 10:30-11:45	\$30 / term
Gentle chair yoga	Uni SC campus	Monday 9:30-10:15	\$30 / term
Hatha Yoga	Avenues Hall 37 Red Hill Road	Friday 8:45-10:00 10:30-11:45	\$30 / term
Tai Chi - Advanced	Nashville Scout Hall Batchelor Rd	Thursday 10:15-11:15	\$30 / term
Tai Chi - Intermediate	Nashville Scout Hall Batchelor Rd	Thursday 09:15-10:15	\$30 / term
Tai Chi - Beginners	Avenues Hall 37 Red Hill Road	Wednesday 09:00-10:00 10:00-11:00	\$30 / term
Yin Yoga	Avenues Hall 37 Red Hill Road	Tuesday 09:00-10:00	\$30 / term
Pickleball	Reg English Memorial Tennis Centre 35 Cartwright Rd	Tuesday 08:00-09:30	

WALKING GROUPS

<https://www.heartfoundationwalking.org.au/join-a-group>

What:	Where:	When:
Bravo Movers 25 minute slow, all abilities walk	Gympie Community Gardens 37 Tozer Park Rd	Thursday 9am
Brightlives Walking Group Medium paced walk, mostly flat and footpaths	Gympie Community Gardens 37 Tozer Park Rd	Tuesday 7:30am
Gympie Gliders Walking Group 60-75 min (5km) bush terrain, medium paced	Victory Trails Gympie Connection Rd	Friday 7am
Bunnings Walking Group	Bunnings 5 Hall Road	Friday 9am
Pie Creek Walkers 30-45 min, medium pace along Herron Rd	Pie Creek Hall 488 Eel Creek Rd	Wednesday 4pm

GYMPIE ARC

<https://www.gympiearc.com.au/>

What:	Where:	When:	Cost:
Aqua HIIT High Intensity	Gympie Aquatic Recreation Centre	Monday 6am Tuesday 9am	Full access membership \$24.50 per week (concession \$22) Includes unlimited classes and gym / pool access
Aqua Blast Fast paced cardio and strength		Wednesday 6am Thursday 9am Thursday 5:30pm Friday 6am	
Aqua Combo Medium paced cardio and strength		Monday 9am Monday 10am Wednesday 8am Wednesday 9am Friday 9am Saturday 7am	
Aqua Low Impact Gentle on joints		Tuesday 10am Friday 10am	
Aqua Flow Low impact, cardio and strength		Tuesday 5:30pm	
HIIT Cardio		Tuesday 6am	
HIIT Strength		Thursday 6am	
Stretch & Strength		Wednesday 9am	
Mat Pilates		Tuesday 3:45pm Wednesday 5:30pm Friday 9am	
Move to Improve		Monday 5:30pm	
Yoga		Saturday 8am	
Yin Yoga		Wednesday 6:30pm	

(HIIT = High intensity interval training)