

Be ACTIVE

Be ALIVE

WINTER PROGRAM 2022



Bundaberg Civic Centre
190 Bourbong Street, Bundaberg

WEEK	DATE	TIME	ACTIVITY
1	Monday 13 June	5:30 - 6:30pm	Yoga
1	Tuesday 14 June	5:30 - 6:30pm	Tai Chi
1	Wednesday 15 June	9.15 - 10.15am	Yoga
2	Monday 20 June	5:30 - 6:30pm	Yoga
2	Tuesday 21 June	5:30 - 6:30pm	Tai Chi
2	Wednesday 22 June	9.15 - 10.15am	Yoga
3	Monday 27 June	5:30 - 6:30pm	Yoga
3	Tuesday 28 June	5:30 - 6:30pm	Tai Chi
3	Wednesday 29 June	9.15 - 10.15am	Yoga
4	Monday 4 July	5:30 - 6:30pm	Yoga
4	Tuesday 5 July	5:30 - 6:30pm	Tai Chi
4	Wednesday 6 July	9.15 - 10.15am	Yoga
5	Monday 11 July	5:30 - 6:30pm	Yoga
5	Tuesday 12 July	5:30 - 6:30pm	Tai Chi
5	Wednesday 13 July	9.15 - 10.15am	Yoga
6	Monday 18 July	5:30 - 6:30pm	Yoga
6	Tuesday 19 July	5:30 - 6:30pm	Tai Chi
6	Wednesday 20 July	9.15 - 10.15am	Yoga

Raw Awakening Gym
5 Electra Street, Bundaberg

WEEK	DATE	TIME	ACTIVITY
1	Wednesday 15 June	5:30 - 6:30pm	Disco boxing
2	Wednesday 22 June	5:30 - 6:30pm	Disco boxing
3	Wednesday 29 June	5:30 - 6:30pm	Disco boxing
4	Wednesday 6 July	5:30 - 6:30pm	Disco boxing
5	Wednesday 13 July	5:30 - 6:30pm	Disco boxing
6	Wednesday 20 July	5:30 - 6:30pm	Disco boxing

Wonderland Movement - Studio
Unit 1/22 Woongarra Street, Bundaberg

WEEK	DATE	TIME	ACTIVITY
1	Friday 17 June	9.15 - 10.15am	Reformer pilates
2	Friday 24 June	9.15 - 10.15am	Reformer pilates
3	Friday 1 July	9.15 - 10.15am	Reformer pilates
4	Friday 8 July	9.15 - 10.15am	Reformer pilates
5	Friday 15 July	9.15 - 10.15am	Reformer pilates
6	Friday 22 July	9.15 - 10.15am	Reformer pilates

Bundaberg Junior Tennis Assoc.
Rotary Park, 69B George Street, Bundaberg

WEEK	DATE	TIME	ACTIVITY
1	Monday 13 June	9.15 - 10.15am	Cardio tennis
2	Monday 20 June	9.15 - 10.15am	Cardio tennis
3	Monday 27 June	9.15 - 10.15am	Cardio tennis
4	Monday 4 July	9.15 - 10.15am	Cardio tennis
5	Monday 11 July	9.15 - 10.15am	Cardio tennis
6	Monday 18 July	9.15 - 10.15am	Cardio tennis

Pulse Pilates by the Sea - Studio
Shop 4 Tantitha Street, Bundaberg

WEEK	DATE	TIME	ACTIVITY
1	Thursday 16 June	9.15 - 10.15am	Pilates
2	Thursday 23 June	9.15 - 10.15am	Pilates
3	Thursday 30 June	9.15 - 10.15am	Pilates
4	Thursday 7 July	9.15 - 10.15am	Pilates
5	Thursday 14 July	9.15 - 10.15am	Pilates
6	Thursday 21 July	9.15 - 10.15am	Pilates

Lake Ellen
Baldwin Swamp, Bundaberg

WEEK	DATE	TIME	ACTIVITY
1	Thursday 16 June	9.00 - 10.00am	mSwing
2	Thursday 23 June	9.00 - 10.00am	mSwing
3	Thursday 30 June	9.00 - 10.00am	mSwing
4	Thursday 7 July	9.00 - 10.00am	mSwing
5	Thursday 14 July	9.00 - 10.00am	mSwing
6	Thursday 21 July	9.00 - 10.00am	mSwing

City Fit Gym 42 Woondooma St, Bundaberg
Minimum age 13 years

WEEK	DATE	TIME	ACTIVITY
1	Thursday 16 June	6:30 - 7:30pm	Clubbercise
2	Thursday 23 June	6:30 - 7:30pm	Clubbercise
3	Thursday 30 June	6:30 - 7:30pm	Clubbercise
4	Thursday 7 July	6:30 - 7:30pm	Clubbercise
5	Thursday 14 July	6:30 - 7:30pm	Clubbercise
6	Thursday 21 July	6:30 - 7:30pm	Clubbercise

1300 883 699
bundaberg.qld.gov.au



Childers West Street Hall

13 West Street, Childers

WEEK	DATE	TIME	ACTIVITY
1	Monday 13 June	9.15 - 10.15am	Yoga
1	Thursday 16 June	5:15 - 6:15pm	Yoga
2	Monday 20 June	9.15 - 10.15am	Yoga
2	Thursday 23 June	5:15 - 6:15pm	Yoga
3	Monday 27 June	9.15 - 10.15am	Yoga
3	Thursday 30 June	5:15 - 6:15pm	Yoga
4	Monday 4 July	9.15 - 10.15am	Yoga
4	Thursday 7 July	5:15 - 6:15pm	Yoga
5	Monday 11 July	9.15 - 10.15am	Yoga
5	Thursday 14 July	5:15 - 6:15pm	Yoga
6	Monday 18 July	9.15 - 10.15am	Yoga
6	Thursday 21 July	5:15 - 6:15pm	Yoga

Gin Gin Youth Activity Centre

6 Walker Street, Gin Gin

WEEK	DATE	TIME	ACTIVITY
1	Tuesday 14 June	5:15 - 6:15pm	CSR
1	Saturday 18 June	9.15 - 10.15am	Pilates
2	Tuesday 21 June	5:15 - 6:15pm	CSR
2	Saturday 25 June	9.15 - 10.15am	Pilates
3	Tuesday 28 June	5:15 - 6:15pm	CSR
3	Saturday 2 July	9.15 - 10.15am	Pilates
4	Tuesday 5 July	5:15 - 6:15pm	CSR
4	Saturday 9 July	9.15 - 10.15am	Pilates
5	Tuesday 12 July	5:15 - 6:15pm	CSR
5	Saturday 16 July	9.15 - 10.15am	Pilates
6	Tuesday 19 July	5:15 - 6:15pm	CSR
6	Saturday 23 July	9.15 - 10.15am	Pilates

Woodgate Community Hall

1 Kangaroo Court, Woodgate

WEEK	DATE	TIME	ACTIVITY
1	Monday 13 June	9:30 - 10:30am	Gentle stretch
2	Monday 20 June	9:30 - 10:30am	Gentle stretch
3	Monday 27 June	9:30 - 10:30am	Gentle stretch
4	Monday 4 July	9:30 - 10:30am	Gentle stretch
5	Monday 11 July	9:30 - 10:30am	Gentle stretch
6	Monday 18 July	9:30 - 10:30am	Gentle stretch



Join the fun

Spaces are limited
due to venues sizes

Class descriptions:

CSR (cardio/strength/resistance) is a well rounded full body class designed to increase your heart rate and increase your overall strength and fitness, suitable for all ages and abilities.

Cardio tennis Tennis Australia Qualified coaches, your session will bring together a variety of cardio workouts and tennis drills, all to a high-energy soundtrack.

Clubbercise is a fun full body workout with a banging soundtrack that gets great results. The routines combine dance, toning and combat moves with options to suit all fitness levels.

Disco boxing is a non-contact high and low intensity aerobic workout using boxing at it's core. Fun training to music and disco lights to get your heart rate up.

Gentle stretch is a safe low impact stretches designed to increase your range of movement and reduce muscle tension and strains.

mSwing uses a single dumbbell and natural, flowing movements to provide a fun, challenging and effective workout.

Pilates is an effective series of low impact exercises using your own body weight as resistance. The full body workout focuses on strengthening your core muscles to improve posture and strength.

Reformer pilates is a method of exercise using the Pilates reformer machine which adds resistance to the exercises and is generally more intense and dynamic than mat pilates.

Tai Chi is a series of gentle physical exercises and stretches.

Yoga is a gentle way to improve your posture, balance, flexibility and coordination.