

Be ACTIVE Be ALIVE

Round 1
2026

Mar 30 -
May 23

Yoga

Burnett Heads - South Head Parklands

Week	Day	Date	Time
2	Saturday	11-Apr	7:30-8:30am
3	Saturday	18-Apr	7:30-8:30am
5	Saturday	02-May	7:30-8:30am
6	Saturday	09-May	7:30-8:30am

Bargara - Christesen Park

Week	Day	Date	Time
1	Thursday	02-Apr	5:15-6:15pm
2	Thursday	09-Apr	5:15-6:15pm
3	Thursday	16-Apr	5:15-6:15pm
4	Thursday	23-Apr	5:15-6:15pm

Childers - Showgrounds Hall, 5 Ridgeway St

Week	Day	Date	Time
1	Wednesday	01-Apr	11:00am-12:00pm
2	Wednesday	08-Apr	11:00am-12:00pm
3	Wednesday	15-Apr	11:00am-12:00pm
3	Friday	17-Apr	11:00am-12:00pm

Canoeing

Lake Gregory - Meet at Lions Parks B'berg Nth for the bus

Week	Day	Date	Time
3	Friday	17-Apr	4:30-6:30pm

Lions Park - Bundaberg North

Week	Day	Date	Time
3	Saturday	18-Apr	8:00-10:00am

Branyan - Sandy Hook Boat Ramp, end of Branyan Dr

Week	Day	Date	Time
4	Friday	24-Apr	4:30-6:30pm

Uplift - Strength Training

City Fit - 42 Woondooma St, Bundaberg

Week	Day	Date	Time
5	Thursday	30-Apr	4:30-5:15pm
6	Thursday	07-May	4:30-5:15pm
7	Thursday	14-May	4:30-5:15pm
8	Thursday	21-May	4:30-5:15pm

Circuit

Moore Park Beach - Bob Nielsen Park

Week	Day	Date	Time
5	Friday	01-May	7:00-8:00am
6	Friday	08-May	7:00-8:00am
7	Friday	15-May	7:00-8:00am
8	Friday	22-May	7:00-8:00am

Be Active Be Alive is an initiative of Bundaberg Regional Council; this award-winning free fitness program has been enjoyed by the community since 2012. [Scan QR code for class descriptions >>](#)

Qi Gong

Bargara - Bargara Foreshore Timber Deck

Week	Day	Date	Time
1	Wednesday	01-Apr	5:30-6:30pm
2	Wednesday	08-Apr	5:30-6:30pm
3	Wednesday	15-Apr	5:30-6:30pm
4	Wednesday	22-Apr	5:30-6:30pm

Line Dancing

Bargara - Neilson's Park

Week	Day	Date	Time
1	Thursday	02-Apr	5:30-6:30pm
2	Thursday	09-Apr	5:30-6:30pm
3	Thursday	16-Apr	5:30-6:30pm
4	Thursday	23-Apr	5:30-6:30pm

Pickleball

Woodgate Community Park - 7th Ave, Woodgate

Week	Day	Date	Time
1	Saturday	04-Apr	3:00-4:00pm
2	Saturday	11-Apr	3:00-4:00pm
3	Saturday	18-Apr	3:00-4:00pm
4	Saturday	25-Apr	3:00-4:00pm

Bundaberg - Drinan Park 6 Powers Street

Week	Day	Date	Time
2	Sunday	12-Apr	3:00-4:00pm
3	Sunday	19-Apr	3:00-4:00pm
4	Sunday	26-Apr	3:00-4:00pm
5	Sunday	03-May	3:00-4:00pm

Strength & Stretch

Elliott Heads Hall - 1 Lihs St, Elliott Heads

Week	Day	Date	Time
5	Friday	01-May	9:30-10:30am
6	Friday	08-May	9:30-10:30am
7	Friday	15-May	9:30-10:30am
8	Friday	22-May	9:30-10:30am

Bargara Cultural Center - 180 Hughs Road

Week	Day	Date	Time
5	Monday	27-Apr	8:30-9:30am
6	Monday	04-May	8:30-9:30am
7	Monday	11-May	8:30-9:30am
8	Monday	18-May	8:30-9:30am

MORE INFO



Please note class details are subject to change.

Check the Be Active Bundy Region Facebook page for the latest class updates and cancellations

BoxFit

City Fit - 42 Woondooma St, Bundaberg

Week	Day	Date	Time
5	Tuesday	28-Apr	5:15-6:15pm
6	Tuesday	05-May	5:15-6:15pm
7	Tuesday	12-May	5:15-6:15pm
8	Tuesday	19-May	5:15-6:15pm

Dance - Freestyle

City Fit - 42 Woondooma St

Week	Day	Date	Time
5	Monday	27-Apr	9:15-10:00am
6	Monday	04-May	9:15-10:00am
7	Monday	11-May	9:15-10:00am
8	Monday	18-May	9:15-10:00am

Body Pump

City Fit - 42 Woondooma St

Week	Day	Date	Time
5	Friday	01-May	5:30-6:15am
6	Friday	08-May	5:30-6:15am
7	Friday	15-May	5:30-6:15am
8	Friday	22-May	5:30-6:15am

BounceFit Table Tennis

Bundaberg Table Tennis - 61 Kendalls Road

Week	Day	Date	Time
5	Wednesday	29-Apr	9:30-10:30am
6	Wednesday	06-May	9:30-10:30am
7	Wednesday	13-May	9:30-10:30am
8	Wednesday	20-May	9:30-10:30am

Aqua Aerobics*

Gin Gin Swimming Pool

Week	Day	Date	Time
1	Monday	30-Mar	7:30-8:30am
1	Wednesday	01-Apr	7:30-8:30am
2	Wednesday	08-Apr	7:30-8:30am
2	Friday	10-Apr	7:30-8:30am

Bundaberg Swimming Academy

Week	Day	Date	Time
1	Wednesday	01-May	7:30-8:30am
2	Wednesday	08-Apr	7:30-8:30am
3	Wednesday	15-Apr	7:30-8:30am
4	Wednesday	22-Apr	7:30-8:30am

*Pool entry fee applies to aqua aerobics classes

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Intro to Kite Surfing

Elliott Heads Beach Park

Week	Day	Date	Time
5	Thursday	30-Apr	5:00-6:00pm
6	Thursday	07-May	5:00-6:00pm
7	Thursday	14-May	5:00-6:00pm
8	Thursday	21-May	5:00-6:00pm

Pilates

Childers Showground Hall - 5 Ridgeway St

Week	Day	Date	Time
5	Wednesday	29-Apr	5:00-6:00pm
6	Wednesday	06-May	5:00-6:00pm
7	Wednesday	13-May	5:00-6:00pm
8	Wednesday	20-May	5:00-6:00pm

Gin Gin Youth Activity Centre - 6 Walker St

Week	Day	Date	Time
5	Saturday	02-May	8:00-9:00am
6	Saturday	09-May	8:00-9:00am
7	Saturday	16-May	8:00-9:00am
8	Saturday	23-May	8:00-9:00am



Aqua Aerobics*

Bundaberg Swimming Academy

Week	Day	Date	Time
1	Tuesday	31-Mar	6:15-7:15pm
2	Tuesday	07-Apr	6:15-7:15pm
3	Tuesday	14-Apr	6:15-7:15pm
4	Tuesday	21-Apr	6:15-7:15pm

Bundaberg Swimming Academy

Week	Day	Date	Time
2	Friday	10-Apr	7:30-8:30am
3	Friday	17-Apr	7:30-8:30am
4	Friday	24-Apr	7:30-8:30am
5	Friday	01-May	7:30-8:30am

MORE INFO



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