

Be ACTIVE Be ALIVE

Round 2 2026

Sept 21 -
Nov 29

Cycling Class Lesmills RPM

World Gym - 14 Heidke St, Avoca

Week	Day	Date	Time
6	Tuesday	27-Oct	5 - 5.30 pm
7	Tuesday	03-Nov	5 - 5.30 pm
8	Tuesday	10-Nov	5 - 5.30 pm
9	Tuesday	17-Nov	5 - 5.30 pm
10	Tuesday	24-Nov	5 - 5.30 pm

Intro to Kite Surfing

Elliott Heads Beach Park

Week	Day	Date	Time
1	Wednesday	23-Sep	4.30 - 5.30 pm
2	Wednesday	30-Sep	4.30 - 5.30 pm
3	Wednesday	07-Oct	4.30 - 5.30 pm
4	Wednesday	14-Oct	4.30 - 5.30 pm
5	Wednesday	21-Oct	4.30 - 5.30 pm

Circuit

Gin Gin Youth Activity Centre - Walker St, Gin Gin

Week	Day	Date	Time
1	Wednesday	23-Sep	9.30 - 10.30 am
2	Wednesday	30-Sep	9.30 - 10.30 am
3	Wednesday	07-Oct	9.30 - 10.30 am
4	Wednesday	14-Oct	9.30 - 10.30 am
5	Wednesday	21-Oct	9.30 - 10.30 am

BoxFit

Boreham Park - Avenell St, Bundaberg

Week	Day	Date	Time
1	Thursday	24-Sep	5.30 - 6.30 pm
2	Thursday	01-Oct	5.30 - 6.30 pm
3	Thursday	08-Oct	5.30 - 6.30 pm
4	Thursday	15-Oct	5.30 - 6.30 pm
5	Thursday	22-Oct	5.30 - 6.30 pm

Chair Yoga

Childers Showgrounds Hall - 5 Ridgway St, Childers

Week	Day	Date	Time
3	Wednesday	07-Oct	11 am - 12 pm
4	Wednesday	14-Oct	11 am - 12 pm
5	Wednesday	21-Oct	11 am - 12 pm
6	Wednesday	28-Oct	11 am - 12 pm
7	Wednesday	04-Nov	11 am - 12 pm

Bundaberg Aquatic Centre - 1 Pyefinch Bl, Bundaberg West

Week	Day	Date	Time
6	Tuesday	27-Oct	10 - 11 am
7	Tuesday	03-Nov	10 - 11 am
8	Tuesday	10-Nov	10 - 11 am
9	Tuesday	17-Nov	10 - 11 am
10	Tuesday	24-Nov	10 - 11 am

Strength & Stretch

Burnett Heads Memorial Park - Zunker St, Burnett Heads

Week	Day	Date	Time
1	Wednesday	23-Sep	4 - 5 pm
2	Wednesday	30-Sep	4 - 5 pm
3	Wednesday	07-Oct	4 - 5 pm
4	Wednesday	14-Oct	4 - 5 pm
5	Wednesday	21-Oct	4 - 5 pm

Bargara Cultural Centre - 180 Hughes Road

Week	Day	Date	Time
1	Thursday	24-Sep	8.30 - 9.30 am
2	Thursday	01-Oct	8.30 - 9.30 am
3	Thursday	08-Oct	8.30 - 9.30 am
4	Thursday	15-Oct	8.30 - 9.30 am
5	Thursday	22-Oct	8.30 - 9.30 am

Elliott Heads Hall - 1 Lihs St, Elliott Heads

Week	Day	Date	Time
1	Friday	25-Sep	8.30 - 9.30 am
2	Friday	02-Oct	8.30 - 9.30 am
3	Friday	09-Oct	8.30 - 9.30 am
4	Friday	16-Oct	8.30 - 9.30 am
5	Friday	23-Oct	8.30 - 9.30 am

BounceFit Table Tennis

Bundaberg Table Tennis – 61 Kendalls Rd

Week	Day	Date	Time
6	Wednesday	28-Oct	10 – 11 am
7	Wednesday	04-Nov	10 – 11 am
8	Wednesday	11-Nov	10 – 11 am
9	Wednesday	18-Nov	10 – 11 am
10	Wednesday	25-Nov	10 – 11 am

mSwing

Lake Ellen Heritage Hub Park – George St, Bundaberg

Week	Day	Date	Time
1	Monday	21-Sep	7.30 – 8.15 am
2	Monday	28-Sep	7.30 – 8.15 am
4	Monday	12-Oct	7.30 – 8.15 am
5	Monday	19-Oct	7.30 – 8.15 am
6	Monday	26-Oct	7.30 – 8.15 am

Pickleball

Woodgate Community Park – Seventh Ave, Woodgate

Week	Day	Date	Time
6	Saturday	31-Oct	3 – 4 pm
7	Saturday	07-Nov	3 – 4 pm
8	Saturday	14-Nov	3 – 4 pm
9	Saturday	21-Nov	3 – 4 pm
10	Saturday	28-Nov	3 – 4 pm

Drinan Park – 6 Powers St, Bundaberg West

Week	Day	Date	Time
6	Sunday	01-Nov	3 – 4 pm
7	Sunday	08-Nov	3 – 4 pm
8	Sunday	15-Nov	3 – 4 pm
9	Sunday	22-Nov	3 – 4 pm
10	Sunday	29-Nov	3 – 4 pm

Wheelchair Basketball

PCYC – 1 Civic Ave, Bundaberg West

Week	Day	Date	Time
6	Tuesday	27-Oct	10 – 11 am
7	Tuesday	03-Nov	10 – 11 am
8	Tuesday	10-Nov	10 – 11 am
9	Tuesday	17-Nov	10 – 11 am
10	Tuesday	24-Nov	10 – 11 am

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 >>](#)

Group Fitness

Gin Gin Youth Activity Centre – Walker St, Gin Gin

Week	Day	Date	Time
1	Friday	25-Sep	8.30 – 9.30 am
2	Friday	02-Oct	8.30 – 9.30 am
3	Friday	09-Oct	8.30 – 9.30 am
4	Friday	16-Oct	8.30 – 9.30 am
5	Friday	23-Oct	8.30 – 9.30 am

HIIT Circuit Class

Bundaberg Aquatic Centre – 1 Pyefinch Bl, Bundaberg West

Week	Day	Date	Time
6	Monday	26-Oct	11 am – 12 pm
7	Monday	02-Nov	11 am – 12 pm
8	Monday	09-Nov	11 am – 12 pm
9	Monday	16-Nov	11 am – 12 pm
10	Monday	23-Nov	11 am – 12 pm

Canoeing

*** Registration Required – Text 0402 402 263**

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

Week	Day	Date	Time
2	Friday	02-Oct	4 – 6 pm

Harriett Island/Burnett River – Lions Park, Bundaberg North

Week	Day	Date	Time
2	Saturday	03-Oct	12.30 – 3.30 pm

Moore Park Beach – Moore Park

Week	Day	Date	Time
5	Tuesday	20-Oct	3 – 6 pm

Elliott Heads Beach Park – Elliott Heads

Week	Day	Date	Time
5	Saturday	24-Oct	8.30 – 11.30 am

Sandy Hook Boat Ramp – end of Branyan Dr

Week	Day	Date	Time
7	Friday	06-Nov	2.30 – 5.30 pm

Baffle Creek

Week	Day	Date	Time
8	Saturday	14-Nov	9.30 am – 1.30 pm

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

Yoga

Youth Activity Centre - Walker Street, Gin Gin

Week	Day	Date	Time
1	Saturday	26-Sep	8.45 - 9.45 am
2	Saturday	03-Oct	8.45 - 9.45 am
3	Saturday	10-Oct	8.45 - 9.45 am
4	Saturday	17-Oct	8.45 - 9.45 am
5	Saturday	24-Oct	8.45 - 9.45 am

Bundaberg Aquatic Centre - 1 Pyefinch Bl

Week	Day	Date	Time
1	Wednesday	23-Sep	11 am - 12 pm
1	Sunday	27-Sep	9 - 10 am
2	Wednesday	30-Sep	11 am - 12 pm
2	Sunday	04-Oct	9 - 10 am
3	Wednesday	07-Oct	11 am - 12 pm
3	Sunday	11-Oct	9 - 10 am
4	Wednesday	14-Oct	11 am - 12 pm
4	Sunday	18-Oct	9 - 10 am
5	Wednesday	21-Oct	11 am - 12 pm
5	Sunday	25-Oct	9 - 10 am

Bundaberg Aquatic Centre - 1 Pyefinch Bl

Week	Day	Date	Time
6	Wednesday	28-Oct	11 am - 12 pm
6	Thursday	29-Oct	11 am - 12 pm
7	Wednesday	04-Nov	11 am - 12 pm
7	Thursday	05-Nov	11 am - 12 pm
8	Wednesday	11-Nov	11 am - 12 pm
8	Thursday	12-Nov	11 am - 12 pm
8	Sunday	15-Nov	11 am - 12 pm
9	Wednesday	18-Nov	11 am - 12 pm
9	Thursday	19-Nov	11 am - 12 pm
9	Sunday	22-Nov	11 am - 12 pm
10	Wednesday	25-Nov	11 am - 12 pm
10	Thursday	26-Nov	11 am - 12 pm
10	Sunday	29-Nov	11 am - 12 pm



Pilates

Gin Gin Youth Activity Centre - 6 Walker St

Week	Day	Date	Time
1	Tuesday	22-Sep	5 - 6 pm
2	Tuesday	29-Sep	5 - 6 pm
3	Tuesday	06-Oct	5 - 6 pm
4	Tuesday	13-Oct	5 - 6 pm
5	Tuesday	20-Oct	5 - 6 pm

Gin Gin Youth Activity Centre - 6 Walker St

Week	Day	Date	Time
6	Saturday	31-Oct	8.45 - 9.45 am
7	Saturday	07-Nov	8.45 - 9.45 am
8	Saturday	14-Nov	8.45 - 9.45 am
9	Saturday	21-Nov	8.45 - 9.45 am
10	Saturday	28-Nov	8.45 - 9.45 am

Aqua Aerobics - Deep *

Norville Park Pool - 148 Enterprise St, Norville

Week	Day	Date	Time
6	Tuesday	27-Oct	5.30 - 6.30 pm
6	Saturday	31-Oct	8 - 9 am
7	Tuesday	03-Nov	5.30 - 6.30 pm
7	Saturday	07-Nov	8 - 9 am
8	Tuesday	10-Nov	5.30 - 6.30 pm
8	Saturday	14-Nov	8 - 9 am
9	Tuesday	17-Nov	5.30 - 6.30 pm
9	Saturday	21-Nov	8 - 9 am
10	Tuesday	24-Nov	5.30 - 6.30 pm
10	Saturday	28-Nov	8 - 9 am

Kepnock State High School Pool - 43 Kepnock Rd, Kepnock

Week	Day	Date	Time
6	Tuesday	27-Oct	5.30 - 6.30 pm
7	Tuesday	03-Nov	5.30 - 6.30 pm
8	Tuesday	10-Nov	5.30 - 6.30 pm
9	Tuesday	17-Nov	5.30 - 6.30 pm
10	Tuesday	24-Nov	5.30 - 6.30 pm

Norville Park Pool - 148 Enterprise St, Norville

Week	Day	Date	Time
6	Thursday	29-Oct	7.30 - 8.30 am
7	Thursday	05-Nov	7.30 - 8.30 am
8	Thursday	12-Nov	7.30 - 8.30 am
9	Thursday	19-Nov	7.30 - 8.30 am
10	Thursday	26-Nov	7.30 - 8.30 am

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Aqua Aerobics*

Norville Park Pool – 148 Enterprise St, Norville

Week	Day	Date	Time
1	Monday	26-Oct	9 – 10 am
1	Wednesday	28-Oct	5.30 – 6.30 pm
2	Monday	02-Nov	9 – 10 am
2	Wednesday	04-Nov	5.30 – 6.30 pm
3	Monday	09-Nov	9 – 10 am
3	Wednesday	11-Nov	5.30 – 6.30 pm
4	Monday	16-Nov	9 – 10 am
4	Wednesday	18-Nov	5.30 – 6.30 pm
5	Monday	23-Nov	9 – 10 am
5	Wednesday	25-Nov	5.30 – 6.30 pm

Gin Gin Swimming Pool – 45 Somerset St, Gin Gin

Week	Day	Date	Time
6	Monday	26-Oct	5.30 – 6.30 pm
6	Wednesday	28-Oct	7.30 – 8.30 am
6	Saturday	31-Oct	7.30 – 8.30 am
7	Monday	02-Nov	5.30 – 6.30 pm
7	Wednesday	04-Nov	7.30 – 8.30 am
7	Saturday	07-Nov	7.30 – 8.30 am
8	Monday	09-Nov	5.30 – 6.30 pm
8	Wednesday	11-Nov	7.30 – 8.30 am
8	Saturday	14-Nov	7.30 – 8.30 am
9	Monday	16-Nov	5.30 – 6.30 pm
9	Wednesday	18-Nov	7.30 – 8.30 am
9	Saturday	21-Nov	7.30 – 8.30 am
10	Monday	23-Nov	5.30 – 6.30 pm
10	Wednesday	25-Nov	7.30 – 8.30 am
10	Saturday	28-Nov	7.30 – 8.30 am



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

Aqua Aerobics*

Bundaberg Aquatic Centre – 1 Pyefinch Bl, Bundaberg West

Week	Day	Date	Time
1	Tuesday	22-Sep	11 am – 12 pm
1	Thursday	24-Sep	11 am – 12 pm
2	Tuesday	29-Sep	11 am – 12 pm
2	Thursday	01-Oct	11 am – 12 pm
3	Tuesday	06-Oct	11 am – 12 pm
3	Thursday	08-Oct	11 am – 12 pm
4	Tuesday	13-Oct	11 am – 12 pm
4	Thursday	15-Oct	11 am – 12 pm
5	Tuesday	20-Oct	11 am – 12 pm
5	Thursday	22-Oct	11 am – 12 pm

Kepnock State High School Pool – 43 Kepnock Rd, Kepnock

Week	Day	Date	Time
6	Monday	26-Oct	5.30 – 6.30 pm
7	Monday	02-Nov	5.30 – 6.30 pm
8	Monday	09-Nov	5.30 – 6.30 pm
9	Monday	16-Nov	5.30 – 6.30 pm
10	Monday	23-Nov	5.30 – 6.30 pm

Isis War Memorial Pool – 77 Churchill St, Childers

Week	Day	Date	Time
6	Thursday	29-Oct	9 – 10 am
6	Sunday	01-Nov	3 – 4 pm
7	Thursday	05-Nov	9 – 10 am
7	Sunday	08-Nov	3 – 4 pm
8	Thursday	12-Nov	9 – 10 am
8	Sunday	15-Nov	3 – 4 pm
9	Thursday	19-Nov	9 – 10 am
9	Sunday	22-Nov	3 – 4 pm
10	Thursday	26-Nov	9 – 10 am
10	Sunday	29-Nov	3 – 4 pm

Poolates (Aqua Pilates)*

Kepnock State High School Pool – 43 Kepnock Rd, Kepnock

Week	Day	Date	Time
6	Thursday	29-Oct	6.15 – 7.15 am
7	Thursday	05-Nov	6.15 – 7.15 am
8	Thursday	12-Nov	6.15 – 7.15 am
9	Thursday	19-Nov	6.15 – 7.15 am
10	Thursday	26-Nov	6.15 – 7.15 am

Aqua Aerobics – Tabata (high intensity)*

Kepnock State High School Pool – 43 Kepnock Rd, Kepnock

Week	Day	Date	Time
6	Wednesday	28-Oct	5.30 – 6.30 pm
7	Wednesday	04-Nov	5.30 – 6.30 pm
8	Wednesday	11-Nov	5.30 – 6.30 pm
9	Wednesday	18-Nov	5.30 – 6.30 pm
10	Wednesday	25-Nov	5.30 – 6.30 pm