TUESDAY 6 OCTOBER TO
SATURDAY 12 DECEMBER 2026

Be HEALTHY and ACTIVE

BLOCK 2 EASTERN SCENIC RIM TIMETABLE
(TAMBORINE MOUNTAIN AND SURROUNDS)

MONDAY

TAI CHI AND QIGONG
8:30am—9:30am
Tamborine Mountain Botanic Gardens, 25 Forsythia Dr (**$8**)
Jo **0458 483 969**



TUESDAY

MATURE FIT OVER 60'S CLASS
8am—9am
Mt Fitness, 400 Long Rd, Tamborine Mountain (**$10**)
Mikaela **0417 608 700**



TUESDAY

FIT HIT WITH TENNIS
6:30pm—7:30pm
88 Beacon Rd, Tamborine Mountain (**$10**)
Henry **0477 775 671**

WEDNESDAY

AQUA AEROBICS
7:30am—8:30am
Canungra Pool, 28-30 Monarch Dr (**$10**)
Scott **0450 070 957**



WEDNESDAY

CHAIR ZUMBA
9:30am—10:30am
Zamia Theatre, 22 Main St, Tamborine Mountain (**$10**)
Petra **0414 505 014**

WEDNESDAY FREE

GROUP FITNESS YOGA
6pm—7pm
Beechmont Community Centre, 1835 Beechmont Rd
Julia **0401 902 694**

THURSDAY FREE

MEDITATION AND MINDFULLNESS
8:30am—10:30am
Tamborine Mountain Bridge Club, 389-393 Long Rd
Frances **0412 303 841**

THURSDAY FREE

YOGA AND PILATES MIXED SESSION
9:30am—10:30am
Tamborine Botanic Gardens, 25 Forsythia Dr
Melissa **0405 257 024**

FRIDAY

AQUA FITNESS
7:30am—8:30am
Tamborine Mountain Pool, 14-16 Beacon Rd (**$8**)
Megan **0405 748 402**



SATURDAY FREE

VINYASA YOGA
7am—8am
Vonda Youngman Community Centre, 2-4 Knoll Rd
Sharee **0499 560 727** (**B**)

SATURDAY FREE

YOGA
10am—11am
Beechmont Community Centre, 1835 Beechmont Rd
Julia **0401 902 694** (**B**)

(**B**) Booking required

PROTECT YOUR FAMILY AND PETS

Pets don't know what to do when disaster strikes. As their carer, it is important that you plan ahead and know how to help them when disaster strikes.

Council's Disaster Dashboard has all of the information you need to know before, during and after a disaster.

If your family's safety is important to you, **take five minutes now** to scan the QR code and sign up to receive potentially lifesaving information.

disasterdashboard.scenicrim.qld.gov.au |



For the most up to date timetable visit the website below or scan the QR Code
www.scenicrim.qld.gov.au/healthy-active-4

SCENIC RIM REGIONAL COUNCIL