

Active Logan

Activate your life!



*Citywide program
20 April - 26 June 2009*

Low-cost programs in Logan for
all abilities and fitness levels



Logan City Council's Active Logan program is a great way to enjoy our parks and facilities, meet people, learn something new and improve your health.

Each venue has a ten week block of activities and residents are encouraged to participate weekly.

Packed with benefits

- free participation items
- qualified, motivating and friendly instructors
- improve your health
- low cost
- all activities held in Logan parks or community facilities
- experience new places and meet new people

How to activate your life

1. Check out the calendar and find an activity that suits you.
2. Wear comfortable clothing, footwear, hat and sunscreen.
3. Bring a towel, water bottle and any other equipment listed for your activity.
4. Bookings are not essential, just turn up and join in the fun!

Program runs from 20 April to 26 June 2009.

Groups to look out for

Go to www.logan.qld.gov.au for Heart Foundation walking groups near you.

For more information

Contact Logan City Council on 3412 3412 or email council@logan.qld.gov.au for more information.



For program times and details, please see over page.

Aqua aerobics

Take part in a fun aerobics class in the water, a fantastic form of exercise which is easy on your joints and muscles and enjoyable too.

When	Where	Contact	Price
Mondays 9 am - 10 am	Beenleigh - Beenleigh Swimming Pool, City Road	Busy Bodies 1300 780 447	\$1
Wednesdays 1.45 pm - 2.45 pm	Underwood - Springwood Aquatic Centre, Sports Drive	Busy Bodies 1300 780 447	\$1
Wednesdays 1 pm - 2 pm	Kingston - Gould Adams Park Aquatic Centre, 558 Kingston Road	Gould Adams Park Aquatic Centre 3290 2725	\$1

Kids Sports

Kids Sports offers a free, fun physical activity session in parks for primary school aged children. Fun, exciting games for good health.

When	Where	Contact	Price
Mondays 4 pm - 5 pm	Logan Central - Logan Gardens Park, Civic Parade	Kids Sports 3030 3355	FREE
Wednesdays 4 pm - 5 pm	Crestmead - Ernie White Park, Waratah Drive	Kids Sports 3030 3355	FREE
Thursdays 4 pm - 5 pm	Beenleigh - Hammel Park, Hammel St	Kids Sports 3030 3355	FREE

Parents 'n Bubs Fun

Children aged two to five years and their parents/carers engage in fun games. Great play ideas for parents and a good workout too!

When	Where	Contact	Price
Thursdays 9 am - 9.45 am	Crestmead - Crestmead Park, Gimlet Street	Kids Sports 3030 3355	\$1
Mondays 10.15 am - 11 am	Kingston - Gould Adams Park, Kingston Road	Kids Sports 3030 3355	\$1
Mondays 9 am - 9.45 am	Loganholme - Alexander Clark Park, Dewar Drive	Kids Sports 3030 3355	\$1
Mondays 11.30 am - 12.15pm	Cornubia - Cornubia Adventure Park, Cornubia Park Drive	Kids Sports 3030 3355	\$1
Thursdays 10.15 am - 11 am	Springwood - Springwood Park, Cinderella Drive	Kids Sports 3030 3355	\$1
Thursdays 10.30 am - 11.15 am	Regents Park - Regents Park, Regency Drive	Busy Bodies 1300 780 447	\$1
Thursdays 9.15 am - 10 am	Slacks Creek - Mabel Park, Paradise Road	Busy Bodies 1300 780 447	\$1
Tuesdays 9.30 am - 10.15 am	Logan Village - Logan Village Green, Wharf Street	Busy Bodies 1300 780 447	\$1

Senior strength

Join this fun, motivating and friendly group training session for the over 50s. Improve your posture, flexibility and strength with this gentle group exercise session. Focus on steadying your steps to prevent falls.

When	Where	Contact	Price
Thursdays 10 am - 11 am	Eagleby - Eagleby Community Centre, Cowper Street	Busy Bodies 1300 780 447	\$1
Mondays 2.30 pm - 3.30 pm	Mt Warren Park - Beenleigh Community Health Services Centre, Mt Warren Boulevard	Busy Bodies 1300 780 447	\$1
Tuesdays 1.30 pm - 2.30 pm	Rochedale South - Nerida Street Community Centre, 19 Nerida Street	Busy Bodies 1300 780 447	\$1

Tai Chi

What an invigorating way to start your day. Take part in a tai chi group session which is great for your body and mind.

When	Where	Contact	Price
Tuesdays 7.15 am - 8 am	Logan Central - Logan Gardens, Civic Parade	Enhance Your Life PT 0415 753 930	\$3
Mondays 7.15 am - 8 am	Jimboomba - Rotary Park, Johanna Street	Enhance Your Life PT 0415 753 930	\$3

Total body workout

Enjoy this fun and non-intimidating training that will improve your fitness, strength and flexibility. Suitable for all abilities and fitness levels.

When	Where	Contact	Price
Tuesdays 5.45 pm - 6.45 pm	Shailer Park - Homestead Park, Jodie Street	Enhance Your Life PT 0415 753 930	\$3
Wednesdays 5.45 pm - 6.45 pm	Underwood - Charles Barton Park, Caloma Street	Enhance Your Life PT 0415 753 930	\$3
Mondays 9.15 am - 10.15 am	Beenleigh - Doug Larsen Park, Logan Street	Enhance Your Life PT 0415 753 930	\$3
Thursdays 5.45 pm - 6.45 pm	Browns Plains - Forestglen Park, Parkland Avenue	Enhance Your Life PT 0415 753 930	\$3
Monday 5.45 pm - 6.45 pm	Crestmead - Crestmead Park, Royena Court	Enhance Your Life PT 0415 753 930	\$3
Thursdays 5.45 pm - 6.45 pm	Jimboomba - Jimboomba Park, South Street	Logan City Council 3412 5017	\$3

Yoga

A gentle yoga class suitable for all ages and levels of flexibility to enhance your sense of wellbeing. This class will increase your flexibility, help de stress and continue your day calm and peaceful. Please bring a yoga mat or towel and a small cushion.

When	Where	Contact	Price
Tuesdays 2.15 pm - 3 pm	Bethania - Bethania Community Centre, Station Road	Enhance Your Life PT 0415 753 930	\$1