

Ward	Title	Description	Venue	Meeting point	Date	Start time	End time	Cost *	Bookings Open	Requirements	Program
Karawatha	<b>Sunnybank Hills Walkers</b>	60min medium-fast paced health and fitness walk. All welcome. Contact the Heart Foundation on 3872 2500 for more information.	Centro Pinelands	Cheeseekah	Every Mon, Tue, Wed, Thur, Fri	6:00:00	7:00:00	Free	All ages welcome. Those under 18 will need to be accompanied by an adult.	Bring a hat and water. Wear suitable walking shoes and comfortable clothing.	Gonewalking
Karawatha	<b>Fitness 4 mums</b>	A variety of cardio and strength exercises to help get back to fitness. Sessions cater for all levels of fitness.	Jack Pyle Park	Playground	Fridays from 7 Feb to 14 Mar	9:30:00	10:30:00	FREE	Not required - For more information contact Fitness 4 U 1300 367 703	Exercise shoes and clothes, towel, sunprotection and water.	Active Parks
Karawatha	<b>8 week weight loss challenge</b>	Make a start to a healthier and slimmer you by mixing with like-minded people for a great workout. Nutrition and exercise tips to help you shed those unwanted kilos.	Gowan Road Park	Playground	Saturdays from 1 Feb to 22 Mar	7:00:00	8:00:00	FREE	Not required - For more information contact Fitness 4 U 1300 367 703	Exercise shoes and clothes, towel, sunprotection and water.	Active Parks
Karawatha	<b>Aqua Zumba Gold®</b>	Low impact zumba workout in the water. Feel the benefits of exercise without joint pain.	Runcorn Pool	Indoor pool	Thu 30 Jan to 3 Apr	13:30:00	14:30:00	\$4.30	Not required - For more information contact Weight Loss Through Fitness on 0412 140 034		GOLD
Karawatha	<b>Fitness 4 mums</b>	A variety of cardio and strength exercises to help get back to fitness. Sessions cater for all levels of fitness.	Williams Park	Playground, off Elite Street	Thursdays from 6 Feb to 13 Mar	9:30:00	10:30:00	FREE	Not required - For more information contact Fitness 4 U 1300 367 703	Exercise shoes and clothes, towel, sunprotection and water.	Active Parks
Karawatha	<b>Calamvale Central Walkers</b>	Walk for up to 60min inside the shopping centre at your own pace. All welcome. Contact Walk Organiser Jeanette on 0412 855 879 for more information or to advise of the day you will be attending.	Calamvale	At Woolworths entrance next to bakery.	Every Mon, Tue, Wed, Thur, Fri	7:00:00	8:00:00	Free	All ages welcome. Those under 18 will need to be accompanied by an adult.	Bring a hat and water. Wear suitable walking shoes and comfortable clothing.	Gonewalking