

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Core Balance Yoga</b> ★ 9:00am - 10:00am Cooroy Memorial Hall 24th June	<b>Aqua Aerobics</b> 7:30am - 8:30am Tewantin State School Pool	<b>Babes in Arms</b> 9:00am - 9:30am Cooroy Library Free	<b>Pregnancy Aqua</b> 7:00am - 8:00am Noosa Springs Resort	<b>Strong Heart Strong Body (Dementia Friendly)</b> 7:30am - 8:15am Noosa Aquatic Centre	<b>Qi Gong</b> 8:30am - 9:15am Cooroy Library 15th June
<b>De-stress with Breath &amp; Meditation</b> 10:00am - 11:00 am Tinbeerwah Hall 3rd, 10th, 17th June	<b>De-stress with Breath &amp; Meditation</b> 7:45am - 8:45am Kin Kin School of Arts	<b>Mums Core Foundation Class</b> 9:15am - 10:15am Noosa Leisure Centre Free	<b>Aqua Aerobics</b> 8:00am - 9:00am Tewantin State School Pool	<b>Pilates</b> 7:45am - 8:30am Move Noosa	<b>Creative Art Therapy</b> 10:00am - 12:00pm Federal Hall Free
<b>Blue Zone Meditation &amp; Mindfulness</b> 3:30pm - 4:30pm Noosa Aquatic Centre	<b>Babes in Arms</b> 9:00am - 9:30am Noosaville Library Free	<b>De-stress with Breath &amp; Meditation</b> 10:00am - 11:00 am Lake Macdonald Botanical Garden 5th, 12th, 19th June	<b>Core Stretch</b> 8:30am - 9:30am Cooran Memorial Hall	<b>Mums &amp; Toddlers Pilates</b> 10:15am - 11:15am Noosa Leisure Centre	
<b>Prenatal Pilates</b> 4:30 - 5:30pm (4:45pm start) Physio Plus Pilates Noosa	<b>Arthri-fit</b> 9:00am - 10:00am Peregian Beach Community House	<b>Storytime</b> 10:00am - 10:30am Cooroy Library Free	<b>Baby Sensory Early Learning for Babies</b> 9:00am - 2:00pm Noosa Leisure Centre	<b>Creative Art Therapy</b> 10:00am - 12:00pm Federal 8th, 29th June	<b>Sunday</b> <b>Community Yoga</b> 7:00am - 8:00am Noosaville Lions Park Free
	<b>Slow Flow / Yin Yoga</b> 9:00am - 10:00am Peregian Beach Community House	<b>Balance &amp; Leg Strength</b> 10:30am - 11:30am Cooroy United Church	<b>Creative Art Therapy</b> 10:45am - 12:45am Peregian Beach Community Centre		<b>Serenity Nature Walk &amp; Meditation</b> ★ 9:00am - 10:00am Noosa Botanic Gardens Lake MacDonald Drive Lake MacDonald 23rd June
	<b>Serenity Walk &amp; Meditation</b> ★ 9:00am - 10:00am Noosaville Lions Park 25th June	<b>Workers Wellness Wednesday Yoga</b> 12:30pm - 1:15pm Noosa Leisure Centre Free	<b>Workers Wellness Pilates</b> 1:00pm - 1:45pm FS8, Noosaville		<b>Serenity Nature Walk &amp; Meditation</b> ★ 9:00am - 10:00am Cooroora Creek Park Pomona 30th June
	<b>Storytime</b> 10:00am - 10:30am Noosaville Library Free	<b>Australian English Conversation Class</b> 1:30pm - 3:00pm Noosaville Library No bookings required	<b>Kids Yoga</b> 3:45pm - 4:30pm Zenko Yoga, Noosaville		
	<b>Mums &amp; Bubs Pilates Intermediate</b> 11:00am - 12:00pm FS8, Noosaville	<b>Youth Drop-in Space</b> 3:00pm - 6:00pm Pomona Community House Free	<b>De-stress with Breath &amp; Meditation</b> 6:00pm - 7:00pm Noosaville Lions Park 6th, 13th, 20th June		
	<b>Mums &amp; Bubs Pilates Fundamentals</b> 12:00pm - 1:00pm FS8, Noosaville	<b>Chillax Chakras</b> 3:30pm - 4:40pm Noosa Aquatic Centre Free			
	<b>De-stress with Breath &amp; Meditation</b> 12:45pm - 1:45pm Cooran Hall 4th, 11th, 18th June	<b>Women's Boxing &amp; Self-Defence</b> ★ 4:00pm - 5:00pm Cooroy Memorial Hall			
	<b>Pilates Fusion</b> 6:00pm - 7:00pm Federal Hall Free				

Activities For Different Groups
All Abilities
Active Mums & Women
Chronic Conditions
Community Yoga & Tai Chi
Cultural & Diverse
Disaster Recovery
Families
Workers
Youth & Adolescence
★ New Class

Although classes are separated to target groups, they are inclusive for everyone.

Cost of activities are free or low cost, visit [noosa.qld.gov.au/living-well-noosa](https://noosa.qld.gov.au/living-well-noosa) for all Living Well Noosa activities and more initiative information.