

# February 2025



Calendar is subject to change

This timetable showcases free and low-cost classes funded by Living Well and some of its allied community facilities

Visit [noosa.qld.gov.au/living-well-noosa](https://www.noosa.qld.gov.au/living-well-noosa) for all Living Well Noosa activities and more initiative information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Core Balance Yoga</b> 9:00am - 10:00am Cooroy Memorial Hall \$10 /\$5 concession	<b>Serenity Walks</b> 7.30- 8.30am The Big Pelican, Noosaville \$5 4th & 25th Feb	<b>Yin / Slow Flow Yoga</b> <b>6.30-7.30am</b> Peregian Beach Community House \$10/5 concession	<b>Pregnancy Aqua</b> 7:00am-8:00am Noosa Springs Resort \$10-12	<b>Writing Friday</b> - all levels welcome 9am-1pm Cooroy Library 14th & 28th Feb FREE		<b>Community Yoga</b> 7:00am - 8:00am Noosaville Lions Park \$10/\$5 concession
<b>Parents &amp; Carers Crafternoons</b> 12-2pm Cooroy Library FREE	<b>Mums &amp; Bubs Meditation &amp; Resilience</b> 4 week course 10-11.30am Tewantin (Spring Hub) \$40 for 4 weeks 18th Feb onwards	<b>Active Mums Core Foundation Class</b> - child friendly 9:15am-10:15am Noosa Leisure Centre FREE	<b>De-stress with Breath and Meditation</b> 6:00pm-7:00pm Cooroy Memorial Hall \$5			
<b>Colouring &amp; Conversation</b> 10-12pm Noosaville Library FREE 3rd & 17th Feb	<b>Mums &amp; Bubs Pilates</b> 11am - 12pm Intermediate <b>12-1pm Fundamentals</b> FS8 \$120 for 8 weeks	<b>Mums &amp; Bubs Meditation &amp; Resilience</b> 4 week course 10-11.30am Cooroy Library \$40 for 4 weeks 19th Feb onwards				
<b>Teen Yoga 12+</b> 4-5pm NAC FREE	<b>Babes in Arms</b> 9:00am - 9:30am <b>Storytime</b> (under 5yo) 10-10.30am Noosaville Library FREE	<b>Pilates Combo</b> Kin Kin School of Arts Hall 5.30-6.30pm \$5 / FREE concessions				
<b>Zumba -child friendly</b> 4pm Noosa Leisure Centre *Part of Active Mums membership	<b>Kids Yoga</b> 6-12 years <b>3.45-4.30pm</b> Cooroy Library FREE	<b>Core Balance Yoga</b> Pomona Memorial Hall 5:45pm-7:00pm \$10 / \$5 concession				
<b>Yoga Qi Gong</b> 6:15pm-7:15pm Cooran Hall \$10/ \$5 concession	<b>Creative Wellness for Youth 8 week course</b> 5-6.30pm Cooroy library \$120 for 8 weeks 11th Feb onwards					

**Strength Sisters FREE Gym based strengthening program**  
For women over 14 years to learn how to use strength-based gym equipment under the guidance of a qualified Personal Trainer  
<https://www.noosa.qld.gov.au/strength-sisters>

**Adventure Tribe**  
\$50 voucher towards Abseiling, Kayaking, Rock Climbing & Hiking  
<https://www.noosa.qld.gov.au/events/event/547/adventure-tribe-50-voucher>

**Youth Hub & Programming @Tait-Duke Community Cottage**  
Thu & Fri 4-8pm + Sat 12-5pm  
<https://www.noosa.qld.gov.au/events/event/929/noosa-youth-connect-hub>

**Youth Drop in @ Pomona House**  
3-6pm Wednesdays  
<https://pomonacommunityhouse.org.au/>

**Noosa Seniors**  
For a full calendar of specific +65 activities please visit  
<https://www.noosa.qld.gov.au/activities-seniors>

- Class Guide
- General Wellbeing
- Mums & Babies
- Cultural & Diverse
- Families & Children
- Young People
- +65 Activities