

Be ACTIVE Be ALIVE

2025
Round 1

10 FEB
- 13 APR

Spin Combo

Nielson Park | Bargara

Week	Date	Time
5	Wednesday 12 March	6.30 - 7.30 am
6	Wednesday 19 March	6.30 - 7.30 am
7	Wednesday 26 March	6.30 - 7.30 am
8	Wednesday 2 April	6.30 - 7.30 am
9	Wednesday 9 April	6.30 - 7.30 am

Mindful Walking

Bundaberg Botanic Gardens

(near Fairymead House Rotunda)

Week	Date	Time
5	Tuesday 11 March	4 - 5 pm
6	Tuesday 18 March	4 - 5 pm
7	Tuesday 25 March	4 - 5 pm
8	Tuesday 1 April	4 - 5 pm
9	Tuesday 8 April	4 - 5 pm

Pickleball

Drinan Park Tennis Centre | 6C Powers St, Bundaberg

Week	Date	Time
5	Sunday 16 March	3 - 4 pm
6	Sunday 23 March	3 - 4 pm
7	Sunday 30 March	3 - 4 pm
8	Sunday 6 April	3 - 4 pm
9	Sunday 13 April	3 - 4 pm

BodyBalance

CityFit | 42 Woondooma St, Bundaberg

Week	Date	Time
5	Wednesday 12 March	4.30 - 5.30 pm
6	Wednesday 19 March	4.30 - 5.30 pm
7	Wednesday 26 March	4.30 - 5.30 pm
8	Wednesday 2 April	4.30 - 5.30 pm
9	Wednesday 9 April	4.30 - 5.30 pm

Ausercise

BTransformed Fitness Clinic | 47 Bourbong St, Bundaberg

Week	Date	Time
5	Monday 10 March	5.30 - 6.30 pm
6	Monday 17 March	5.30 - 6.30 pm
7	Monday 24 March	5.30 - 6.30 pm
8	Monday 31 March	5.30 - 6.30 pm
9	Monday 7 April	5.30 - 6.30 pm

Carnival Fitness

Bargara Foreshore Timber Deck | Bargara

Week	Date	Time
5	Friday 14 March	6 - 7 pm
6	Friday 21 March	5 - 6 pm
7	Friday 28 March	6 - 7 pm
8	Friday 4 April	6 - 7 pm
9	Friday 11 April	6 - 7 pm

mSwing

Lake Ellen Heritage Hub Park | Bundaberg South

Week	Date	Time
5	Monday 10 March	8 - 9 am
6	Monday 17 March	8 - 9 am
7	Monday 24 March	8 - 9 am
8	Monday 31 March	8 - 9 am
9	Monday 7 April	8 - 9 am

Strength + Stretch

Elliott Heads Progress Hall | Elliott Heads

Week	Date	Time
5	Friday 14 March	9.30 - 10.30 am
6	Friday 21 March	9.30 - 10.30 am
7	Friday 28 March	9.30 - 10.30 am
8	Friday 4 April	9.30 - 10.30 am
9	Friday 11 April	9.30 - 10.30 am

Alexandra Park (near rotunda) | Bundaberg

Week	Date	Time
5	Tuesday 11 March	7 - 8 am
6	Tuesday 18 March	7 - 8 am
7	Tuesday 25 March	7 - 8 am
8	Tuesday 1 April	7 - 8 am
9	Tuesday 8 April	7 - 8 am

Uplift

CityFit | 42 Woondooma St, Bundaberg

Week	Date	Time
5	Sunday 16 March	9.15 - 10.15 am
6	Sunday 23 March	9.15 - 10.15 am
7	Sunday 30 March	9.15 - 10.15 am
8	Sunday 6 April	9.15 - 10.15 am
9	Sunday 13 April	9.15 - 10.15 am

Yoga

Christsen Park | Bargara

Week	Date	Time
5	Thursday 13 March	5.15 - 6.15 pm
6	Thursday 20 March	5.15 - 6.15 pm
7	Thursday 27 March	5.15 - 6.15 pm
8	Thursday 3 April	5.15 - 6.15 pm
9	Thursday 10 April	5.15 - 6.15 pm

South Head Parklands | Burnett Heads

Week	Date	Time
5	Saturday 15 March	7 - 8 am
6	Saturday 22 March	7 - 8 am
7	Saturday 29 March	7 - 8 am
8	Saturday 5 April	7 - 8 am
9	Saturday 12 April	7 - 8 am

Childers Showgrounds Exhibition Hall

5 Ridgway St, Childers

Week	Date	Time
5	Monday 10 March	5.15 - 6.15 pm
6	Monday 17 March	5.15 - 6.15 pm
7	Monday 24 March	5.15 - 6.15 pm
8	Monday 31 March	5.15 - 6.15 pm
9	Monday 7 April	5.15 - 6.15 pm

Bundaberg Botanic Gardens

(near Fairymead House Rotunda)

Week	Date	Time
5	Wednesday 12 March	9 - 10 am
5	Friday 14 March	9 - 10 am
6	Wednesday 19 March	9 - 10 am
6	Friday 21 March	NO CLASS
7	Wednesday 26 March	9 - 10 am
7	Friday 28 March	9 - 10 am
8	Wednesday 2 April	9 - 10 am
8	Friday 4 April	9 - 10 am
9	Wednesday 9 April	9 - 10 am
9	Friday 11 April	9 - 10 am

Pilates

Childers Showgrounds Exhibition Hall

5 Ridgway St, Childers

Week	Date	Time
3	Thursday 27 February	5.45 - 6.45 pm
4	Thursday 6 March	5.45 - 6.45 pm
5	Thursday 13 March	5.45 - 6.45 pm
8	Thursday 3 April	5.45 - 6.45 pm
9	Thursday 10 April	5.45 - 6.45 pm

Gin Gin Youth Activity Centre | 6 Walker St, Gin Gin

Week	Date	Time
5	Saturday 15 March	8.30 - 9.30 am
6	Saturday 22 March	8.30 - 9.30 am
7	Saturday 29 March	8.30 - 9.30 am
8	Saturday 5 April	8.30 - 9.30 am
9	Saturday 12 April	8.30 - 9.30 am

Circuit

Boreham Park | Bundaberg

Week	Date	Time
5	Saturday 15 March	7 - 8 am
6	Saturday 22 March	7 - 8 am
7	Saturday 29 March	7 - 8 am
8	Saturday 5 April	7 - 8 am
9	Saturday 12 April	7 - 8 am

Gin Gin Youth Activity Centre | 6 Walker St, Gin Gin

Week	Date	Time
5	Saturday 15 March	7 - 8 am
6	Saturday 22 March	7 - 8 am
7	Saturday 29 March	7 - 8 am
8	Saturday 5 April	7 - 8 am
9	Saturday 12 April	7 - 8 am

Moore Park Beach 24/7 Gym

7/1 Murdochs Rd, Moore Park Beach

Week	Date	Time
5	Monday 10 March	9 - 10 am
6	Monday 17 March	9 - 10 am
7	Monday 24 March	9 - 10 am
8	Monday 31 March	9 - 10 am
9	Monday 7 April	9 - 10 am

Woodgate Community Hall | 1 Kangaroo Ct, Woodgate

Week	Date	Time
3	Thursday 27 February	8.15 - 9.15 am
4	Thursday 6 March	8.15 - 9.15 am
5	Thursday 13 March	8.15 - 9.15 am
7	Thursday 27 March	8.15 - 9.15 am
8	Thursday 3 April	8.15 - 9.15 am

HIIT

South Head Parklands | Burnett Heads

Week	Date	Time
5	Tuesday 11 March	5.15 - 6.15 pm
6	Tuesday 18 March	5.15 - 6.15 pm
7	Tuesday 25 March	5.15 - 6.15 pm
8	Tuesday 1 April	5.15 - 6.15 pm
9	Tuesday 8 April	5.15 - 6.15 pm

Innes Park Reserve | Innes Park

Week	Date	Time
5	Wednesday 12 March	5.15 - 6.15 pm
6	Wednesday 19 March	5.15 - 6.15 pm
7	Wednesday 26 March	5.15 - 6.15 pm
8	Wednesday 2 April	5.15 - 6.15 pm
9	Wednesday 9 April	5.15 - 6.15 pm

Aqua Aerobics*

Norville Park Pool | Bundaberg

Week	Date	Time
1	Tuesday 11 February	7.30 - 8.30 am
1	Wednesday 12 February	7.15 - 8.15 am
1	Thursday 13 February	8.30 - 9.30 am
1	Thursday 13 February	5.30 - 6.30 pm
1	Friday 14 February	9.15 - 10.15 am
2	Tuesday 18 February	7.30 - 8.30 am
2	Wednesday 19 February	7.15 - 8.15 am
2	Thursday 20 February	8.30 - 9.30 am
2	Thursday 20 February	5.30 - 6.30 pm
2	Friday 21 February	9.15 - 10.15 am
3	Tuesday 25 February	7.30 - 8.30 am
3	Wednesday 26 February	7.15 - 8.15 am
3	Thursday 27 February	8.30 - 9.30 am
3	Thursday 27 February	5.30 - 6.30 pm
3	Friday 28 February	7.30 - 8.30 am
4	Tuesday 4 March	7.30 - 8.30 am
4	Wednesday 5 March	7.15 - 8.15 am
4	Thursday 6 March	8.30 - 9.30 am
4	Thursday 6 March	5.30 - 6.30 pm
4	Friday 7 March	9.15 - 10.15 am
5	Tuesday 11 March	7.30 - 8.30 am
5	Wednesday 12 March	7.15 - 8.15 am
5	Thursday 13 March	8.30 - 9.30 am
5	Thursday 13 March	5.30 - 6.30 pm
5	Friday 14 March	9.15 - 10.15 am

Aqua Aerobics*

Gin Gin Swimming Pool | Gin Gin

Week	Date	Time
1	Monday 10 February	5.30 - 6.30 pm
1	Wednesday 12 February	7.30 - 8.30 am
1	Saturday 15 February	7.30 - 8.30 am
2	Monday 17 February	5.30 - 6.30 pm
2	Wednesday 19 February	7.30 - 8.30 am
2	Saturday 22 February	7.30 - 8.30 am
3	Monday 24 February	5.30 - 6.30 pm
3	Wednesday 26 February	7.30 - 8.30 am
3	Saturday 1 March	7.30 - 8.30 am
4	Monday 3 March	5.30 - 6.30 pm
4	Wednesday 5 March	7.30 - 8.30 am
4	Saturday 8 March	7.30 - 8.30 am
5	Monday 10 March	5.30 - 6.30 pm
5	Wednesday 12 March	7.30 - 8.30 am
5	Saturday 15 March	7.30 - 8.30 am

Aqua Aerobics*

Keppock SHS Pool | Bundaberg

Week	Date	Time
1	Monday 10 February	6.30 - 7.30 am
1	Monday 10 February	5.30 - 6.30 pm
1	Wednesday 12 February	5.30 - 6.30 pm
1	Thursday 13 February	6.15 - 7.15 am
1	Friday 14 February	6.30 - 7.30 am
1	Sunday 16 February	4 - 5 pm
2	Monday 17 February	6.30 - 7.30 am
2	Monday 17 February	5.30 - 6.30 pm
2	Wednesday 19 February	5.30 - 6.30 pm
2	Thursday 20 February	6.15 - 7.15 am
2	Friday 21 February	6.30 - 7.30 am
2	Sunday 23 February	4 - 5 pm
3	Monday 24 February	6.30 - 7.30 am
3	Monday 24 February	5.30 - 6.30 pm
3	Wednesday 26 February	5.30 - 6.30 pm
3	Thursday 27 February	6.15 - 7.15 am
3	Friday 28 February	6.30 - 7.30 am
3	Sunday 2 March	4 - 5 pm
4	Monday 3 March	6.30 - 7.30 am
4	Monday 3 March	5.30 - 6.30 pm
4	Wednesday 5 March	5.30 - 6.30 pm
4	Thursday 6 March	6.15 - 7.15 am
4	Friday 7 March	6.30 - 7.30 am
4	Sunday 9 March	4 - 5 pm
5	Monday 10 March	6.30 - 7.30 am
5	Monday 10 March	5.30 - 6.30 pm
5	Wednesday 12 March	5.30 - 6.30 pm
5	Thursday 13 March	6.15 - 7.15 am
5	Friday 14 March	6.30 - 7.30 am
5	Sunday 16 March	4 - 5 pm

Aqua Aerobics*

Isis War Memorial Pool | Childers

Week	Date	Time
5	Thursday 13 March	5 - 6 pm
6	Thursday 20 March	5 - 6 pm
7	Thursday 27 March	5 - 6 pm
8	Thursday 3 April	5 - 6 pm
9	Thursday 10 April	5 - 6 pm

MORE INFO



Please note class details are subject to change. Check the Be Active Bundy Region Facebook page for the latest class updates and cancellations.

*Pool entry fee applies