

ACTIVE AND HEALTHY IPSWICH

Free and low cost physical activity classes suitable for all ages and abilities!



ipswich.qld.gov.au/activehealthy


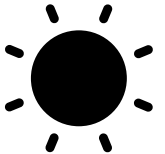

2024 PROGRAM TIMETABLES

Active and Healthy offer free and low cost activity classes to encourage the community to be active and social. Sessions are held in parks and indoor spaces across Ipswich; conducted by qualified instructors and can be adapted to suit all fitness levels and abilities.

Wear comfortable clothes and bring a towel and drink bottle. For outdoor classes, a hat and sunscreen.

Children and teenagers under the age of 18 are welcome to attend the classes, however they must remain under the supervision of a parent or guardian.

LEGEND:

-  indoors class
-  outdoors class
-  Auslan Interpreter

Active and Healthy aim to encourage all community members to attend. For accessibility information please call (07) 3210 6666 or email activeandhealthy@ipswich.qld.gov.au for additional information.

Disclaimer:

Activities are undertaken by participants at the participant's sole risk. The activities are provided by third parties, not Ipswich City Council. It is recommended that you consult your doctor prior to embarking on a fitness program.

ACTIVE LOW IMPACT

These gentle exercises are perfect for those seeking a softer approach to fitness. Whether you're returning to exercise or simply prefer a lighter workout, all ages and abilities are encouraged to join.

Yoga	Mondays 9.00 am – 10.00 am	Rosewood Memorial Hall, 1 Mill Street, Rosewood	
Tai Chi and Qigong	Tuesdays 9.00 am – 10.00 am	Robelle Domain 'The Lawn', Ian Kellar Drive, Springfield	
Strength and Conditioning	Wednesdays 8.30 am – 9.30 am	Sutton Park, 61 Workshops Street, Brassall	
Strength and Conditioning	Thursdays 8.00 am – 9.00 am	Browns Park, 29 Downs Street, North Ipswich	
Aqua Fitness	Fridays 10.00 am – 11.00 am	Bundamba Pool, 256 Brisbane Road, Bundamba	
Strength and Conditioning	Fridays 11.00 am – 12.00 pm	Rosewood Memorial Hall, 1 Mill Street, Rosewood	






BOOK NOW

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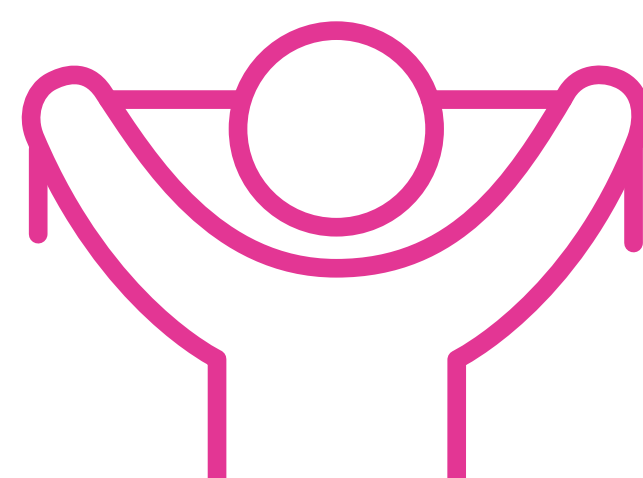
ACTIVE MUMS AND BUBS

For mums and guardians to move and bond with their baby/toddler, make friends, and build core strength. Participants must have received doctors' clearance to participate in exercise post-partum.

Strength and Conditioning	Mondays 9.30 am – 10.30 am	Robelle Domain, White Gum Terrace, Springfield Central	
Yoga	Tuesdays 9.30 am – 10.30 am	Level 1, 1 Nicholas Street, Ipswich	
Strength and Conditioning	Wednesdays 9.30 am – 10.30 am	Sutton Park, 61 Workshops Street, Brassall	
Family Friendly Yoga	Thursdays 9.15 am – 10.15 am	Riverview and District Community Centre, 138 Old Ipswich Road, Riverview	
Pilates	Thursdays 9.30 am – 10.30 am	Studio 188, 188 Brisbane Street, Ipswich	

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ipswich.qld.gov.au/mumsandbubs



ACTIVE IPSWICH

For adults wanting to get active, try new exercises and meet new people. Classes are adaptable to suit all participants, including people with physical and neurological impairments. Participants are welcome to attend with carers.

Moving Meditation/ Breathing	Mondays 9.00 am – 9.45 am	Minka Place, 20 Main Street, Ripley	
Aqua Fitness	Mondays 9.15 am – 10.15 am	Goodna Aquatic, 137 Brisbane Terrace, Goodna	
Cancer Care Yoga	Mondays 10.00 am – 11.00 am	Augustine Heights Community Hub, 4 Christopher Street, Augustine Heights	
Boxercise	Tuesdays 4.30 pm – 5.30 pm	Tulmur Place, 1 Nicholas Street, Ipswich	
Core Strength Yoga	Tuesdays 4.30 pm – 5.30 pm	Minka Place, 20 Main Street, Ripley	
Aqua Fitness	Tuesdays 5.00 pm – 6.00 pm	Leichhardt Pool, 21 Toongarra Road, Leichhardt	
Pound Fit	Tuesdays 5.30 pm – 6.00 pm	Redbank Plains Community Centre, 180 School Road, Redbank Plains	
Barre Pilates	Tuesdays 6.00 pm – 6.45 pm	Redbank Plains Community Centre, 180 School Road, Redbank Plains	
Yoga	Tuesdays 6.00 pm – 7.00 pm	Queens Park Croquet Hall, Merle Finimore Avenue, Ipswich	
Pilates	Tuesdays 6.00 pm – 7.00 pm	YMCA Springfield Central Community Centre, 134A Parkland Drive, Springfield Central	

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ACTIVE IPSWICH CONTINUED

Meditation	Tuesdays 6.50 pm – 7.35 pm	Redbank Plains Community Centre, 180 School Road, Redbank Plains	
Bootcamp	Wednesdays 4.30 pm – 5.30 pm	Cameron Park, 95A Brisbane Road, Booval	
Chair Yoga	Thursdays 9.00 am – 10.00 am	Queens Park Croquet Hall, Merle Finimore Avenue, Ipswich	
Family Friendly Yoga	Thursdays 9.15 am – 10.15 am	Riverview and District Community Centre, 138 Old Ipswich Road, Riverview	
Boxercise	Thursdays 9.30 am – 10.30 am	Lobley Park, 243A Warwick Road, Churchill	
Zumba	Thursdays 9.30 am – 10.30 am	Blackstone Hall, 7B Mary Street, Blackstone	
Chair Yoga	Thursdays 10.00 am – 11.00 am	Queens Park Croquet Hall, Merle Finimore Avenue, Ipswich	
Line Dancing	Thursdays 5.00 pm – 6.00 pm	Riverview and District Community Centre, 138 Old Ipswich Road, Riverview	
Adaptive Yoga	Thursdays 5.30 pm – 6.30 pm	Queens Park Croquet Hall, Merle Finimore Avenue, Ipswich	
Line Dancing	Thursdays 6.00 pm – 7.00 pm	Riverview and District Community Centre, 138 Old Ipswich Road, Riverview	
Chair Yoga	Fridays 1.00 pm – 2.00 pm	Minka Place, 20 Main Street, Ripley	
Yoga	Saturdays 8.00 am – 9.00 am	Spring Lake Park, 55 Burlington Terrace, Springfield Lakes	
Tai Chi and Qigong	Sundays 10.30 am – 11.30 am	Browns Park, 29 Downs Street, North Ipswich	

**An Auslan Interpreter will be present once a month.
Check online for the dates.

BOOK NOW

ipswich.qld.gov.au/activeipswich



ACTIVE KIDS

Active Kids sessions aim to improve your child's health, fitness and wellbeing.

Whether you're looking for school holidays or ongoing school term activities.

**Multisports
5+ Years**

Tuesdays
3.45 pm – 4.30 pm

Robelle Domain 'The Lawn',
Ian Kellar Drive, Springfield



**Multisports
2-5 years**

Fridays
9.15 am – 10.00 am

Robelle Domain 'The Lawn',
Ian Kellar Drive, Springfield



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lpswich.qld.gov.au/activekids



ACTIVE AND HEALTHY PARTNERS

These activities incur a nominal fee to participate. Check out the specific activity for payment options.

Zumba \$5 fee	Mondays 6.30 pm – 7.30 pm	Churchill State School Hall, 264A Warwick Rd, Churchill
1st Fives Rugby FUNdamentals \$5 fee	Wednesdays 9.00 am – 9.30 am 2-3.5 years	Faye Carr Park, 1 Joy Chambers Cct, Ripley
	Wednesdays 9.30 am – 10.00 am 3.5-5 years	
Pre-Natal Yoga \$5 fee	Thursdays 5.00 pm – 6.00 pm	Redbank Plains Community Centre, 180 School Road, Redbank Plains
Zumba Gold \$5 fee	Saturdays 8.30 am – 9.30 am	Yoga Circle, Harmony Crescent, South Ripley
Yoga \$10 fee	Saturdays 9.00 am – 10.00 am	Blackstone Hall, Mary Street, Blackstone

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HEALTHY EATING WORKSHOPS

Ipswich City Council offers free healthy eating and nutrition sessions to encourage and support our community to cook and eat healthier foods.

BOOK NOW

ipswich.qld.gov.au/healthyeating

ACTIVE AND HEALTHY

THE APP

View classes and manage your bookings via the Active and Healthy app today.

