



The Douglas Shire Council is proud to deliver FREE fitness programs in the community. These entry level fitness programs encompass a wide range of workout options with incredible accredited instructors.

Port Douglas

TAI CHI FOR HEALTH – Rex Smeal Park

Tuesdays at 9am

Tai Chi for Health is a program designed to improve balance, strength and coordination. This free program suits all ages and abilities. Tai Chi is one of the most effective exercises for health of mind and body.

If you have a disability or recovering from illness you may bring a chair and the class can be adapted to support you.

In the event of adverse weather conditions, the session will be cancelled.

Every Tuesday until the 29th of June 2021

ZUMBA IN THE PARK – Sugar Wharf

Wednesdays at 5:15pm

Move, dance and have fun! Active8 Zumba incorporates routines and step aerobics with Latin dance rhythms. All ages and all abilities welcome, including kids! The class is held in Dixie Park, which is located next to the Sugar Wharf.

In the event of adverse weather conditions, the session will be cancelled.

Every Wednesday until the 30th of June 2021

JUST START FITNESS – Rex Smeal Park

Thursdays at 9am

A free entry-level park based fitness program that can be started at any time. No fitness experience or equipment required. Fun, motivating, social workouts hosted by an accredited Active8 Instructor.

In the event of adverse weather conditions, the session will be cancelled.

Every Thursday until the 24th of June 2021

Participants must register online
douglas.qld.gov.au/active8



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