

**SOUTH BANK
PARKLANDS
& THE CITY**

**4 OCT-
4 DEC**

medibank
FEEL GOOD
PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
7:00 – 7:30AM		Meditate & Stretch	Tai Chi (7:00-7:45am)	Bootcamp	
8:00 – 8:45AM					Yoga
9:15 – 10:00AM			Mums & Bubs		Aqua
5:30 – 6:15PM	Yoga	Pilates Pilates	Energy Yoga	Zumba® Yoga	
6:30 – 7:30PM		Bollywood Dancing	Latin Fitness	Ballroom Dancing	

Boat Pool: Aqua

Flowstate: Ballroom Dancing, Bollywood Dancing, Latin Fitness, Mums & Bubs

Rainforest Green: Bootcamp, Energy, Meditate & Stretch, Pilates, Tai Chi, Yoga and Zumba®

 = South Bank
 = The City

MAJOR PARTNER

medibank
For Better Health

SUPPORTING PARTNER

Goodlife.
HEALTH CLUBS

PRODUCED BY



**South Bank
Parklands**



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ECONOMIC DEVELOPMENT AGENCY
BRISBANE CITY COUNCIL



Dedicated to a better Brisbane