

Active and Health Parks Program Schedule

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| <p>Tik tok dance routines We will learn some popular fun dance routines from tike tok and create some new ones! This is a Chillout event suitable for young people 10-17 years.</p> | Calamvale District Park, Calamvale | Tuesdays 9:30-10:30am | 12 Jan, 19 Jan, 6 Apr, 13 Apr | 10-17 years old |
| <p>Hot hula fitness® Inspired by the dances of the Pacific Islands, hot hula fitness provides a total body workout. Core focused, easy to follow moves, suitable for all ages and fitness levels and no equipment is needed.</p> | Calamvale District Park, Calamvale | Wednesdays 9:30-10:30am | 15 Jul to 9 Dec 2020 27 Jan to 16 Jun 2021 (Excl. 7/4-14/4) | All ages |
| <p>Salsation Hola! Salsation is here to make you sweat to the hot beats of Latino music. Salsation is fitness meets salsa. Salsa is a popular dance originating in the Caribbean commonly used in social events. With worldwide fame, this rhythm will make you move your feet and hips while you get fit. Suitable for all ages and even those with two left feet.</p> | Les Atkinson Park, Sunnybank | Wednesdays 5:30pm-6:30pm | 15 Jul to 9 Dec 2020 27 Jan to 16 Jun 2021 (Excl. 7/4-14/4) | All ages |
| <p>Konga Konga® is a fun and easy-to-follow, high intensity fusion of dance, cardio, boxing and sculpting set to fabulous music. You can expect to sweat a lot while listening to our upbeat music. This is suitable for the super fit and the totally uncoordinated. Come join us for some sweaty fun. Mums, dads and bubs welcome.</p> | Hub Neighbourhood Centre, Inala | Thursdays 9:30-10:30am | 16 Jul to 10 Dec 2020 28 Jan to 17 Jun 2021 (Excl. 8/4-15/4) | All ages |
| <p>U-Jam U-Jam fitness is the combination of urban dance to hip-hop music and fitness. It is a high energy cardio workout using the hottest beats of the moment. Feel like you're at a dance party every time! Suitable for all ages.</p> | Rocks Riverside Park, Seventeen Mile Rocks | Fridays 9:30-10:30am | 17 Jul to 11 Dec 2020 29 Jan to 18 Jun 2021 (Excl. 2/4-16/4) | All ages |