

Choose from a range of new and continuing activities in this Go Mumma program. Participants must live in the Gympie Region. Preference is given to Mums with children under 8 years of age and to new participants. All fitness levels welcome!

Amamoor

Activity	Description	When	Where	Bookings	Cost
Dance Fitness	Dance and aerobic movement to upbeat music	Wednesdays, 9.15am – 10.15am	Amamoor Hall, 35 Busby Street, Amamoor	Cathy 0428 161 622	\$2

Gympie

Activity	Description	When	Where	Bookings	Cost
Group Fitness	Beginner to intermediate group fitness in a fun environment	Wednesdays, 9.30am – 10.30am	Monkland State School, 220 Brisbane Road, Monkland	Emma 0419 620 623	\$5
Group Fitness	Low impact fitness for new Mums to build core strength	Thursdays, 9.30am – 10.30am	Gympie Wesleyan Church Hall, 70 Exhibition Road, Southside	Kylie 0468 921 595	\$2
Dance Fitness	Dance and aerobic movement to upbeat music	Fridays, 9.15am – 10.15am	Weeroona Association Gympie, 16 Red Hill Road, Gympie	Cathy 0428 161 622	\$2

Kilkivan

Activity	Description	When	Where	Bookings	Cost
Water Aerobics	Water based exercise in the pool for Mum and Bub	Fridays, 9am – 10am	Kilkivan Swimming Pool, Kilkivan Primary School, Lot 16 Council Street, Kilkivan	Kayleen 0439 983 667	\$2

Curra

Activity	Description	When	Where	Bookings	Cost
Yoga	Yoga and breath awareness. The Curra program is a trial program for four weeks commencing from Tuesday 30 January 2018.	Tuesdays, 9.30am – 10.30am	Curra Community Hall, 10 David Drive, Curra	Sue 0439 338 449	\$2

** A variety of child minding arrangements are in place across the Go Mumma program to enable Mums with young children to join in. However, children remain the responsibility of parents at all times.*



Do you want to start a Mums and bubs
pram walk in your neighbourhood?
Or perhaps join an existing
Heart Foundation Walking group?

Find out more by contacting the
Local Coordinator for Gympie Region,
Sandie Borg at Gympie Regional Council
on 1300 307 800 or "find a walk" at
walking.heartfoundation.org.au.



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first5foreverstorytime

An interactive program for
preschool children and babies
featuring songs, rhymes,
stories and craft.

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gympie.qld.gov.au/library
or phone 5481 0859 for
more information.



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Go Mumma Gympie Region

22 January – 29 March 2018

'A 10-week fitness program for
Mums with young ones'

Child minding
available

This activity is supported by funding from
Central Queensland, Wide Bay, Sunshine Coast PHN

