

# Jump into Spring with Active Parks Month

This September parks across Ipswich will host a range of free health, fitness and family fun activities. No need to book, simply turn up at the location and bring a towel, water bottle, hat and sunscreen. Activities will be run by qualified instructors who will tailor sessions to your ability. So get active this Spring and #GetOutThereIpswich

## September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Pilates* 6.00 am - 7.00 am Limestone Park Line Dancing 8.00 am - 9.00 am Stallard Park	<b>2</b> Boxercise 6.00 pm - 7.00 pm Robelle Domain The Pyramid Lawn	<b>3</b> Yoga* 7.30 am - 8.30 am Spring Lake Park Family Soccer 9.00 am - 10.00 am Jim Finimore Oval
<b>4</b> Yoga* 10.00 am - 11.00 am Richardson Park	<b>5</b> Outdoor Gym 5.00 pm - 6.00 pm Sutton Park HIIT 5.30 pm - 6.00 pm Goupong Park	<b>6</b> Yogalates* 9.30 am - 10.30 am Lobley Park Boot Camp 5.00 pm - 6.00 pm Jack Barkley Park	<b>7</b> Group Fitness 6.00 am - 7.00 am Cameron Park Low Impact Fitness 10.00 am - 11.00 am Redbank Plains Recreation Reserve	<b>8</b> Pilates* 6.00 am - 7.00 am Limestone Park Line Dancing 8.00 am - 9.00 am Stallard Park	<b>9</b> Boxercise 6.00 pm - 7.00 pm Robelle Domain The Pyramid Lawn	<b>10</b> Yoga* 7.30 am - 8.30 am Spring Lake Park Family Soccer 9.00 am - 10.00 am Tite Family Park
<b>11</b> Yoga* 10.00 am - 11.00 am Richardson Park	<b>12</b> Outdoor Gym 5.00 pm - 6.00 pm Sutton Park HIIT 5.30 pm - 6.00 pm Goupong Park	<b>13</b> Yogalates* 9.30 am - 10.30 am Lobley Park Boot Camp 5.00 pm - 6.00 pm Jack Barkley Park	<b>14</b> Group Fitness 6.00 am - 7.00 am Cameron Park Low Impact Fitness 10.00 am - 11.00 am Redbank Plains Recreation Reserve	<b>15</b> Pilates* 6.00 am - 7.00 am Limestone Park Line Dancing 8.00 am - 9.00 am Stallard Park	<b>16</b> Boxercise 6.00 pm - 7.00 pm Robelle Domain The Pyramid Lawn	<b>17</b> Yoga* 7.30 am - 8.30 am Spring Lake Park Family Soccer 9.00 am - 10.00 am Lobley Park
<b>18</b> Yoga* 10.00 am - 11.00 am Richardson Park	<b>19</b> Outdoor Gym 5.00 pm - 6.00 pm Sutton Park HIIT 5.30 pm - 6.00 pm Goupong Park	<b>20</b> Yogalates* 9.30 am - 10.30 am Lobley Park Boot Camp 5.00 pm - 6.00 pm Jack Barkley Park	<b>21</b> Group Fitness 6.00 am - 7.00 am Cameron Park Low Impact Fitness 10.00 am - 11.00 am Redbank Plains Recreation Reserve	<b>22</b> Pilates* 6.00 am - 7.00 am Limestone Park Line Dancing 8.00 am - 9.00 am Stallard Park	<b>23</b> Boxercise 6.00 pm - 7.00 pm Robelle Domain The Pyramid Lawn	<b>24</b> Yoga* 7.30 am - 8.30 am Spring Lake Park Family Soccer 9.00 am - 10.00 am Cameron Park
<b>25</b> Yoga* 10.00 am - 11.00 am Richardson Park	<b>26</b> Outdoor Gym 5.00 pm - 6.00 pm Sutton Park HIIT 5.30 pm - 6.00 pm Goupong Park	<b>27</b> Yogalates* 9.30 am - 10.30 am Lobley Park Boot Camp 5.00 pm - 6.00 pm Jack Barkley Park	<b>28</b> Group Fitness 6.00 am - 7.00 am Cameron Park Low Impact Fitness 10.00 am - 11.00 am Redbank Plains Recreation Reserve	<b>29</b> Pilates* 6.00 am - 7.00 am Limestone Park Line Dancing 8.00 am - 9.00 am Stallard Park	<b>30</b> Boxercise 6.00 pm - 7.00 pm Robelle Domain The Pyramid Lawn	

\*If you have your own yoga mat, please bring along with you.

### Limestone Park

Cnr Griffith and Chermiside Roads,  
Eastern Heights

### Stallard Park

125 Equestrian Drive, Yamanto

### Robelle Domain The Circle

155 Southern Cross Circuit, Springfield Central

### Spring Lake Park

55 Burlington Terrace, Springfield Lakes

### Jim Finimore Oval

1C Old Toowoomba Road, Leichhardt

### Cameron Park

Cnr Glebe Road and Easton Streets, Booval

### Richardson Park

135 - 137 Brisbane Terrace, Goodna

### Sutton Park

61 Workshops Street, Brassall

### Goupong Park

2A Collingwood Drive, Collingwood Park

### Lobley Park

243A Warwick Road, Churchill

### Jack Barkley Park

33 Gledson Road, North Booval

### Redbank Plains Recreation Reserve

Cnr Cedar Road and Moreton Avenue,  
Redbank Plains

### Tite Family Park

59 Creek Street, Bundamba

For more information,  
please visit [Ipswich.qld.gov.au](http://Ipswich.qld.gov.au)

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