

# Active Mums Membership

The Active Mums Membership at Noosa Leisure Centre is designed to help you move, connect, and thrive through every step of your motherhood journey.

Enjoy access to a variety of fun and child-friendly fitness classes at both the Noosa Leisure Centre and the Noosa Aquatic Centre, led by knowledgeable instructors in a welcoming, supportive environment.

Exclusive and new to the Active Mum's Membership, you'll benefit from our physiotherapist-led class 'Strong Foundations' - specifically designed for postnatal women; building strength, confidence and support post-delivery.



## Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15am Functional Core  16:00 Zumba (child-friendly)	6:30 Circuit Combo  10:00am Strong Foundation (child-friendly)  10:15 Pure Strength	9:15 Zumba  10:45 Mums and Bubs Pilates (Child-friendly)  10:30 Power Bar	6:30 Circuit Combo  9:30 Boxfit  9:45 Dance Nation	6:30am Yoga Flow  9:00 Functional Fitness	7:00am Yoga	9:45 Noosa Yoga
7:30 Aqua  8:30 Aqua	6:30 Aqua  8:30 Aqua  9:45 Aqua Deep	7:30 Aqua  8:30 Aqua	6:30 Aqua  7:30 Aqua Zumba  8:30 Aqua  9:45 Aqua Deep	7:30 Aqua  8:30 Aqua	7:30 Aqua  8:30 Aqua	7:30 Aqua  8:30 Aqua

### Strong Foundations - A Physiotherapist led Postnatal Class by Alchemy in Motion

Strong Foundations is a 45-minute group class designed to support women on their unique postnatal journey, blending movement and education in a safe and encouraging environment.

A child-friendly class, each session begins with a 40-minute exercise class focused on rebuilding strength, posture, and mobility. With guided work on the upper and lower body, core activation, and abdominal rehabilitation, the class is tailored to support recovery and promote confidence in your postpartum body.

Following the movement session, there is a short, 5-minute educational component with an open Q&A, where you can ask questions and learn more about key postnatal topics. These include pelvic floor and abdominal recovery, managing incontinence, understanding prolapse, addressing pelvic pain, and returning safely to sport or daily activities. We also cover practical guidance on breastfeeding challenges and baby handling to support both your well-being and your baby's development.

Whether you're newly postpartum or a little further along, Strong Foundations offers a supportive space to rebuild strength, gain knowledge, and connect with others navigating a similar stage.

Each participant is strongly encouraged to have an individualised Women's Health Physiotherapy assessment at Alchemy in Motion prior to commencing the Strong Foundation classes. Active Mums members have exclusive access to heavily discounted initial assessments and ongoing physiotherapy services. For more details, call Alchemy in Motion on (07) 5474 9093.



ALCHEMY  
IN MOTION



# MEMBERSHIP TERMS & CONDITIONS

- A program from Noosa Leisure Centre (NLC) and Noosa Aquatic Centre (NAC) specifically for mums with children 0-5years.
- Cost: \$14.00 per week direct debited fortnightly (\$28.00 per fortnight) - [to sign up - please see reception at Noosa Leisure Centre.](#)
- Minimum sign up period - 3 months. \$100 cancellation fee for any direct debit members wishing to cancel in the first three months. After the 3 month sign up period, 2 weeks notice is required to cancel the membership.
- Membership entitles you to: All Active Mums classes at NLC, unlimited lap swimming and select water classes at the NAC, \* \$10.50 upgrades to attend NAC gym and any other group fitness classes.
- Please note: Each mum is entitled to one Active Mums membership, for a maximum period of 12 months. After this time you will be able to transfer across to any of our full rate membership options without incurring any transferring or joining fees.

\*\*Council reserves the right to cancel the membership offering at any stage if minimum membership numbers are not reached or maintained.\*\*

## CLASS DESCRIPTIONS

### Strong Foundation

Strong Foundations classes are 45 minutes long and include a combination of movement and education in order to support women on their unique postnatal journey. (Child- Friendly)

### Mums & Bubs Pilates

Strengthen, stretch, and bond with your baby in this gentle postnatal Pilates class. Baby-friendly, mum-focused (Child- Friendly)

### BoxFit

An empowering workout combining drills and skills from boxing and martial arts- great for relieving stress and improving cardiovascular fitness.

### Functional Core

A class to build strength, stability, and inner balance with focus on the core. Perfect for those wanting to tone muscles and improve posture while staying mindful.

### Power Bar

Power Bar is a full-body, choreographed resistance workout with barbells and weights, aimed at strengthening muscles, boosting metabolism, managing weight, and preventing osteoporosis.

### Pure Strength

A full body strength training class designed to define and build lean muscle and burn fat. Focusing on combining various types of strength training techniques using free weights and resistance.

### Zumba

Zumba is an interval workout. The classes move between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance.(Child-Friendly Monday evening Only)

### Circuit

This is a general strength and conditioning class set up in circuit stations changing the exercise intent on each station. Your results will include functional movement, core conditioning and cardiovascular fitness.

### Dance Nation

This dance class incorporates Afro Beats, Hip Hop, Latin & Burlesque, containing the latest trends whilst also including familiar songs and styles from around the world. Classes are positive, fun and joyful.

### Functional Fitness

Boost strength, stability, and endurance with this total-body functional fitness class. Using a mix of bodyweight, resistance, and cardio-based movements, you'll train to move better and feel stronger.

### Yoga Flow

A mixture of meditation, breath-work and energizing movement. Begin with gentler movements to warm up the body, then move into progressively more challenging flowing sequences. This continuous flow of movement and breath generates a meditative state, encouraging practitioners to let go of thought and focus on experience of the present moment.

### Yoga

A slower paced yoga class with a gentle flow, focusing on strengthening muscles and increasing joint mobility to complement safe movements in other exercise forms. Helps improve posture, core strength and flexibility to enhance daily life.

### Noosa Yoga

Noosa Yoga offers 5-week classes with varied sequences of classical and modern yoga, suitable for all levels. Each class includes breathing, postures, and relaxation.

During busy times, Active Mums can use the parking behind the Noosa Seniors building – see map

## Get in Touch



07 5329 6550



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