

For more information or to  
book an appointment please  
contact us on 1300 272 222  
or email  
wellness@ballycara.com



## Wellness Program Scarborough Weekly Schedule - Effective 08/01/2024

Wellness Centre - 37 Sunnyside Road,  
Scarborough, QLD 4020

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Individual Appointments</b>	7:00am-3:00pm	7:00am-3:00pm	7:00am-3:00pm	7:00am-3:00pm	7:00am-3:00pm
<b>Open Supervised Gym \$20.00</b>	8:00am-9:00am	9:00am-10:00am	8:00am-9:00am	9:00am-10:00am	8:00am-9:00am
	11:00am-12:00pm				11:00am-12:00pm
<b>Balance \$15.00</b>	2:00pm-2:45pm (Progressive)		2:00pm-2:45pm (Introductory)		
<b>Brain Training \$15.00</b>	12:30pm-1:15pm				
<b>Aqua Aerobics (September - April) \$15.00</b>			8:00am-8:45am		8:00am-8:45am
<b>Seated Aerobics in Village Centre \$15.00</b>			9:00am-9:45am		
<b>Tai Chi in Village Centre \$15.00</b>	9:00am-9:45am		11:00am-11:45am (Introductory)		
<b>Seated Yoga (Physiotherapy Group Class) in Village Centre \$15.00</b>				9:00am-9:45am	
<b>Rhythm For You in Village Centre \$15.00</b>	11:00am-11:45am				

## Group Exercise Classes

**Open Supervised Gym** - This class is perfect for those who are confident with the state of the art gym equipment in BallyCara's Wellness Centre.

\*Requires an Initial Assessment and HUR/Exercise Program prior to attending.

**Balance** - Improve your confidence by challenging your balance, coordination and mobility. Classes tailored to beginners (introductory) or those with experience (progressive).

**Brain Training** - Improve cognitive function through seated activities that stimulate memory, reasoning, speed of processing and executive function.

**Aqua Aerobics (September-April)** - Improve your fitness, strength and core stability in this low impact exercise session.

**Seated Aerobics** - Improve your cardiovascular endurance, coordination, and seated balance in a safe and accessible environment run by our enthusiastic Exercise Physiologist to upbeat classical music.

**Tai Chi** - Improve balance, coordination and mobility through the slow controlled movements of this mindful ancient practice.

**Seated Yoga** - Gentle chair-based yoga class inspired by Yoga Asanas (poses) that promote flexibility, mobility, and mindfulness.

**Rhythm For You** - Embrace the dance floor as we celebrate the joy of movement, dance, and community. We offer options for both seated and standing dancers, open to all levels, including those who love to improvise their moves.

## Other Allied Health Services Available

**Physiotherapy, Occupational Therapy, Remedial Massage Therapy and Social Work.** Please enquire for availability and fees.

## Exercise Physiologist Fees:

**\$140/hr pro rata**

## Travel Fees:

All home or community visits will attract a travel fee for Private and HCP bookings at a pro rata rate of the service fee (minimum 15mins).

CHSP, DVA, Medicare & NDIS referrals accepted. Please enquire for availability and fees.

## Wellness Program Cancellation Policy:

100% of the service fee will be charged for cancellations with less than 24 hours notice.

Genuine emergencies including health concerns will be considered for short notice cancellations.

Please follow the prompts to leave a message if phoning after reception hours (Monday-Friday 8am-4pm).

**NB: All Wellness Appointments are minimum 45mins.**

\*Discounts may be available for Village Residents. Please enquire at Wellness Reception.