

For more information or to book an appointment please contact us on 1300 272 222 or email [wellness@ballycara.com](mailto:wellness@ballycara.com)



## Caras' & Co Gold Coast Weekly Schedule (On-site)

Caras' & Co Nerang, Shop 25-27, 57 Station St Nerang, QLD 4211

	Monday	Tuesday	Wednesday	Thursday	Friday
Individual Exercise Physiology Appointments	7:00am - 4:00pm	7:00am - 4:00pm	7:00am - 4:00pm	7:00am - 4:00pm	7:00am - 4:00pm
Men's Group Exercise Class \$15.00		10:00am - 10:45am			
Circuit Class \$15.00			9:30am - 10:15am		
Balance and Falls Prevention \$15.00				10:00am - 10:45am	
Walking Group FREE	7:00am - 7:30am				

### Please Note:

All times are in Australian Eastern Standard Time (AEST).

Daylight Savings is observed in NSW from Sunday 1st October 2023 - Sunday 7th April 2023.

## Wellness Program - Exercise Descriptions

**Dedicated Exercise Physiology Sessions** - Individual Exercise Physiology sessions tailored to suit your needs and provide expert guidance on how to achieve your goals.

**Exercise Group Class** - If you are over 50 and enjoy the company of other like-minded exercisers, give this class a go. It is a light paced, whole-body exercise class for those who want to improve their strength, mobility and flexibility using resistance bands, free weights and gym equipment in a fun, safe and social environment.

**Circuit Class** - A 45 minute balance, aerobic and resistance class led by one of our Exercise Physiologists. Join in this popular weight-bearing exercise class to improve your overall fitness.

**Balance and Falls Prevention** - This is a fun and interactive balance class that not only physically challenges you, but also provides you with the education and resources to best manage your falls prevention journey.

**Walking Group** - This walking group is run in conjunction with the Heart Foundation and is facilitated by one of our Exercise Physiologists. It is a fantastic chance to stay active and meet new friends along the way.

Meet outside Caras' & Co Gold Coast for a 30 minute or less walk at a slow to moderate pace. Prams and walkers welcome, no pets (per centre rules).

## Exercise Physiologist Fees:

\$140 per hour, pro rata for Private and HCP bookings.

Minimum appointment time 45 minutes.

For all home or community visits, this will attract a travel fee for Private and HCP bookings at a pro rata of \$140 per hour with a 15 minute minimum.

DVA, Medicare and NDIS fees may vary depending on funding model. Please refer to your service agreement if applicable.

## Wellness Program Cancellation Policy:

100% of the service fee will be charged for cancellations with less than 24 business hours notice from scheduled appointment. 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 scheduled **Monday - Friday between 7:00am - 4:00pm.**

Entitled Department of Veterans' Affairs, Medicare Enhanced Primary Care Plans, NDIS self and plan-managed Clients, & Private Health Funds Accepted.

No cash payments are accepted.

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## Caras' & Co Gold Coast Weekly Schedule (Off-site/Community)

Mobile/In-home appointments available

	Monday	Tuesday	Wednesday	Thursday	Friday
Individual Exercise Physiology Appointments	7:00am - 4:00pm	7:00am - 4:00pm	7:00am - 4:00pm	7:00am - 4:00pm	7:00am - 4:00pm
Burleigh Heads Hydrotherapy \$20.00 includes pool entry		1:00pm - 1:45pm			
Banora Point Hydrotherapy \$20.00 includes pool entry			12:00pm - 12:45pm		
Runaway Bay Hydrotherapy \$20.00 includes pool entry	1:30pm - 2:15pm			1:30pm - 2:15pm	

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## Wellness Program - Exercise Descriptions

**Individual Exercise Physiology** - Appointments tailored to suit your needs and provide expert guidance on how to achieve your goals.

Address: In Home or Agreed Location

**Runaway Bay Hydrotherapy** - A 45 minute water-based exercise session incorporating balance, strength and aerobic components in the comfort of a heated pool.

Address: Gold Coast Performance Centre, 1 Sports Drive, Runaway Bay QLD

**Burleigh Heads Hydrotherapy** - A 45 minute water-based exercise session incorporating balance, strength and aerobic components in the comfort of a heated pool.

Address: Laurie Lawrence Swim School, 6 Flagstone Drive, Burleigh Heads, QLD

**Banora Point Hydrotherapy** - A 45 minute water-based exercise session incorporating balance, strength and aerobic components in the comfort of a heated pool.

Address: Laurie Lawrence Swim School, Cr Greenway and Leisure Drive, Banora Point, NSW

  
WELLNESS PROGRAM

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