

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 Logan Weekly Schedule - Effective 08/01/2024

Caras' & Co Bethania, 6/78 Station Road, Bethania, QLD 4205

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Individual Exercise Physiology Appointments</b>	7:00am - 3:00pm	7:00am - 3:00pm	7:00am - 3:00pm	7:00am - 3:00pm	7:00am - 3:00pm
<b>Mixed Exercise Class</b> \$15.00		8:30am - 9:30am			
		10:00am - 11:00am			10:00am - 11:00am
<b>Seniors Functional Fitness Class</b> Active & Healthy Logan \$5.00					8:30am - 9:30am
<b>Walking Group</b> FREE			7:15am - 7:45am		

### Group Exercise Classes

**Mixed Exercise Class** - Energise your golden years with our mixed exercise class! Join our Exercise Physiologist for each session for a thoughtfully designed class to help to improve daily activities, boost energy, and foster a sense of community. Join us for a fun and supportive environment where we focus on enhancing mobility, strength, and overall functional movement.

**Seniors Functional Fitness Class** - This exercise class is proudly subsidised by Active and Healthy Logan! Embrace vitality and elevate your well-being with our Seniors Functional Fitness Class at Caras' & Co by BallyCara. Tailored for the unique needs of older adults, this class focuses on enhancing strength, flexibility, and balance to support everyday activities.

**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 Bethania for a 30 minute or less walk at a slow to moderate pace.

## Allied Health Services

**Exercise Physiology** - Our team of dedicated Exercise Physiologists work with individuals to apply principles of exercise and physical activity to promote health and wellness. Whether you're recovering from a fall and wondering about next steps, managing a chronic condition, or wishing to improve your mobility around the community, our tailored exercise programs are designed to enhance your self-confidence and help maintain your independence.

**Fees: \$140/hr, pro rata**

**Social Work** - Our expert Social Workers provide compassionate support, addressing emotional, social, and practical needs. From fostering connections with loved ones to navigating healthcare resources, we are committed to enhancing the social well-being of older adults.

**Fees: \$140/hr, pro rata**

**Home Care Package subsidy available**

## 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).

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.**