

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
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				

## Allied Health Services

**Exercise Physiology** - Our dedicated team work with you to define and achieve your health and function goals, utilising exercise as medicine. Whether you're recovering from a fall, managing a chronic health condition, or wishing to remain independent in your home and community, our tailored exercise programs are designed to support your overall health and independence.

**Fees: \$150/hr, pro rata**

**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** - This popular, weight-bearing exercise class is a 45 minute must. Join our Exercise Physiologist and other like-minded seniors who are interested in keeping up the intensity! This class incorporates aspects of resistance training, aerobic and power conditioning allowing you to work up a sweat in a fun and encouraging environment.

**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).

## 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.**

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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		

### Please Note:

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

Daylight Savings is observed in NSW from Sunday 6th October 2024 - Sunday 6th April 2025.

## Wellness Program - Exercise Descriptions

**Exercise Physiology** - Our dedicated team work with you to define and achieve your health and function goals, utilising exercise as medicine. Whether you're recovering from a fall, managing a chronic health condition, or wishing to remain independent in your home and community, our tailored exercise programs are designed to support your overall health and independence.

Address: In Home or Agreed Location

**Fees: \$150/hr, pro rata**

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