

Caras' & Co Brisbane North Weekly Schedule - Effective 04/08/2025



MONDAY

7:00am-3:00pm

Individual
Appointments

8:00am-8:45am

Strong Bones

9:00am-9:45am

Falls Prevention

10:00am-10:45am

Strong Bones

11:00am-12:00pm

Tai Chi

TUESDAY

7:00am-3:00pm

Individual
Appointments

WEDNESDAY

7:00am-3:00pm

Individual
Appointments

THURSDAY

7:00am-3:00pm

Individual
Appointments

7:00am-7:30am

Walking Group
FREE

9:15am-10:00am

Mixed Circuit Class

FRIDAY

7:00am-3:00pm

Individual
Appointments

For more information or to book an appointment please contact us on **1300 272 222**, email **wellness@ballycara.com** or visit our website **www.ballycara.com**

**Caras' & Co Brisbane North,
36 Rose Street, Woolloowin,
QLD 4030**

Wellness Program Brisbane North Pricing - Effective 04/08/2025

CHSP, DVA, Medicare & NDIS
referrals accepted.



Individual Private Health & Wellness Service Fees

Service	Hourly Rate at BC Operated Location	Hourly Rate at Client Location
Registered Nurse	\$160.00	\$215.00
Exercise Physiology	\$160.00	\$215.00
Remedial Massage Therapy	\$140.00	\$180.00
Physiotherapy	\$160.00	\$215.00
Occupational Therapy	\$160.00	\$215.00
Allied Health Assistant*	\$120.00	\$155.00
Group Class	\$35.00/per class	

- The total price for the service includes GST.
- Minimum of 60 minutes except for Registered Nursing appointments which are a minimum of 30 minutes.
- Travel is included in the "At Client Location" Fee.
- All appointments include non-contact time for documentation and research.
- Individual hydrotherapy & third-party gym sessions attract an additional \$15.00 amenity fee.

**Allied Health Assistant services are referred internally following an initial assessment by Allied Health Professional.*

Group Classes

CHSP Opportunity:

You may be eligible to be supported by the Commonwealth Home Support Programme (CHSP), to join up to **two group classes per week** for just **\$5 each** using a **Group Social Support (GSS) code**. This is in addition to any one-on-one Wellness services you may already receive. If you're unsure how to access the funding, please check previous communications or contact the Wellness team.

Private Health Insurance:

If you have Private Health cover, our Exercise Physiologists and Physiotherapists offer services that can be claimed through HICAPS using standard EP/Physio item numbers.

Unlimited Group Classes - Direct Debit Option:

Love attending regularly? For **\$35 per week**, our **Direct Debit plan** gives you **unlimited access** to BallyCara-led group classes, including sessions at:

Caras' & Co location - 36 Rose Street, Woolloowin
To sign up for the Direct Debit plan, please contact the team to organise.

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 hours (Monday-Friday 8:00am-4:00pm).

Wellness Program Brisbane North

Class Descriptions



Strong Bones - Discover the power of strong, resilient bones with our Strong Bones class! Tailored exercises to boost bone density, improve muscle strength and enhance overall skeletal health.

Falls Prevention - Balance - Strengthen muscles, improve balance, and boost confidence to reduce the risk of falls. Expert-led sessions tailored for a safer, more active lifestyle.

Tai Chi - Embark on a journey to improved balance, coordination and flexibility with our Tai Chi class. Immerse yourself into the slow, controlled movements of this ancient practice whilst also promoting overall health and mindfulness.

Circuit Class - A 45 minute group circuit which involves rotating between several exercises that target different muscle groups and components of fitness, including strength, cardiovascular fitness and balance training.

Walking Group - Run in conjunction with the Heart Foundation, this is a fantastic chance to stay active and meet new friends along the way. Meet outside Caras' & Co Coffee Cart for a 30 minute walk at a slow to moderate pace.