

Caras' & Co Brisbane North Weekly Schedule - Effective 01/07/2024



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, Woollooin,
QLD 4030**

Wellness Program Brisbane North

Strong Bones (\$15.00) - 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 (\$15.00) - 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 (\$15.00) - 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 (\$15.00) - 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.

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 8:00am-4:00pm).

CHSP, DVA, Medicare & NDIS referrals accepted.



Exercise Physiology Fees: \$150/hr

Remedial Massage Therapy Fees: \$120/hr

Physiotherapy: Fees: \$150/hr

Occupational Therapy Fees: \$150/hr

Social Work Fees: \$150/hr

Allied Health Assistant Fees: \$105/hr

Registered Nurse Fees: \$138/hr

All BallyCara appointments are minimum of **45 minutes** except for Registered Nursing appointments which are a minimum of **30 minutes**.

Travel charges are a minimum of **15 minutes** except for Registered Nursing where no travel charge applies.