

Weekly Schedule - Effective 01/07/2024

Caras' & Co Gold Coast (on-site)



Caras' & Co Gold Coast, Shop 25-27, 57 Station Street, Nerang, QLD 4211

MONDAY

7:00am-3:00pm

Individual
Appointments

TUESDAY

7:00am-3:00pm

Individual
Appointments

10:00am-10:45am

Group Exercise Class

WEDNESDAY

7:00am-3:00pm

Individual
Appointments

9:30am-10:15am

Circuit Class

THURSDAY

7:00am-3:00pm

Individual
Appointments

10:00am-10:45am

Balance & Falls
Prevention

FRIDAY

7:00am-3:00pm

Individual
Appointments

Caras' & Co Gold Coast (off-site/community)

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

MONDAY

7:00am-3:00pm

Individual
Appointments

TUESDAY

7:00am-3:00pm

Individual
Appointments

1:00pm-1:45pm

Burleigh Heads
Hydrotherapy

WEDNESDAY

7:00am-3:00pm

Individual
Appointments

1:00pm-1:45pm

(NSW Time)
Banora Point
Hydrotherapy

THURSDAY

7:00am-3:00pm

Individual
Appointments

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**

Wellness Program Gold Coast

Group Exercise Class (\$15.00) - 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 (\$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.

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.

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



CHSP, DVA, Medicare & NDIS referrals accepted.

Exercise Physiology Fees: \$150/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.

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).