

# Caras' & Co Brisbane North Weekly Schedule - Effective 09/02/2026



## 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

**11:00am-12:00pm**

Healthy and Active -  
Arana Hills

*Bookings Required*

## WEDNESDAY

**7:00am-3:00pm**

Individual  
Appointments

## THURSDAY

**7:00am-3:00pm**

Individual  
Appointments

**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 09/02/2026

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         | <b>\$160.00</b>                     | <b>\$215.00</b>                |
| Exercise Physiology      | <b>\$160.00</b>                     | <b>\$215.00</b>                |
| Remedial Massage Therapy | <b>\$140.00</b>                     | <b>\$180.00</b>                |
| Physiotherapy            | <b>\$160.00</b>                     | <b>\$215.00</b>                |
| Occupational Therapy     | <b>\$160.00</b>                     | <b>\$215.00</b>                |
| Allied Health Assistant* | <b>\$120.00</b>                     | <b>\$155.00</b>                |
| Group Class              | <b>\$35.00/per class</b>            |                                |

- 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.

### Private Health Insurance:

If you have Private Health cover, our Exercise Physiologists and Physiotherapists offer services that can be claimed through HICAPS.

### 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. To sign up for the Direct Debit plan, please contact the team to organise.

## Healthy and Active - Arana Hills

### Healthy Moves - \$4.00

A fun, group session led by an Accredited Exercise Physiologist and held in the convenience of The Hills District Community Centre.

The Hills District Community Centre, 291 Dawson Parade, Arana Hills 4054

### 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.