

Caras' & Co Brisbane North Weekly Schedule - Effective 22/09/2026



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

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 22/09/2026

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	\$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.

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

Led by a Physiotherapist, this class focuses on building stronger bones and muscles through targeted, weight-bearing and resistance exercises. It's designed to improve bone density, strength, balance and confidence in everyday movement.

Falls Prevention - Balance

This class is led by a Physiotherapist and is designed to improve balance, strength and mobility while helping reduce the risk of falls. Sessions are tailored to support a safer, more confident and active lifestyle.

Circuit Class

Led by an Exercise Physiologist, this 45-minute group circuit combines a variety of exercises that target strength, cardiovascular fitness, balance and mobility. Move through different exercise stations at your own pace in a fun and supportive environment.