

Wellness Program Scarborough

Weekly Schedule - Effective 16/10/2026



MONDAY

7:00am-3:00pm

Individual
Appointments

8:00am-9:00am

Open Supervised
Gym

9:00am-9:45am

Tai Chi
(Village Centre)

11:00am-11:45am

Rhythm For You
(Village Centre)

2:00pm-2:45pm

Balance
(Progressive)

TUESDAY

7:00am-3:00pm

Individual
Appointments

9:00am-10:00am

Open Supervised
Gym

WEDNESDAY

7:00am-3:00pm

Individual
Appointments

8:00am-9:00am

Open Supervised
Gym

8:00am-8:45am

Aqua Aerobics
(September - April)

9:00am-9:45am

Seated Aerobics
(Village Centre)

2:00pm-2:45pm

Balance (Intro)

THURSDAY

7:00am-3:00pm

Individual
Appointments

9:00am-10:00am

Open Supervised
Gym

9:00am-9:45am

Seated Yoga
(Village Centre)

FRIDAY

7:00am-3:00pm

Individual
Appointments

8:00am-9:00am

Open Supervised
Gym

1:00pm-2:00pm

Open Supervised
Gym

2:00pm-2:45pm

Aqua Aerobics
(September - April)

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 Centre - 37 Sunnyside Rd
Scarborough QLD 4020**

Please check in at Reception before starting your aqua class.

For rebooking classes the following week, please visit or call Reception.

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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/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 \$5.00 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 \$35.00 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.

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 Scarborough

Class Descriptions



Open Supervised Gym

This supervised gym session is led by an Exercise Physiologist and is perfect for clients who are confident using the state-of-the-art equipment in BallyCara's Wellness Centre. Exercise at your own pace while receiving guidance and support when needed.

Balance

Led by an Exercise Physiologist, this class focuses on improving balance, coordination, mobility and confidence to help reduce the risk of falls. Classes are tailored for both beginners (Introductory) and those with previous experience (Progressive).

Aqua Aerobics (September–April)

Join an Exercise Physiologist in the pool for a low-impact class designed to improve fitness, strength, balance and core stability while being gentle on the joints.

Seated Aerobics

A fun, upbeat class led by an Exercise Physiologist to improve cardiovascular fitness, coordination and seated balance in a safe and supportive environment.

Tai Chi

Led by an Exercise Physiologist, this gentle class uses slow, controlled movements to improve balance, coordination, mobility and overall wellbeing.

Seated Yoga

This gentle chair-based yoga class is led by a Physiotherapist and is inspired by traditional yoga poses to improve flexibility, mobility, posture and mindfulness.

Rhythm For You

Led by an Exercise Physiologist, this enjoyable movement and dance class celebrates music, rhythm and community. With both seated and standing options available, it's suitable for all abilities and encourages everyone to move in a way that feels comfortable.