



# Wellness Program Weekly Schedule - Effective August 2019

Please come to BallyCara Wellness Centre for all activities.

\*Bookings are essential. Please book through our Wellness Team by calling 1300 272 222

	Monday	Tuesday	Wednesday	Thursday	Friday
Supervised Gym* \$15.00	7:00am-3:00pm	7:00am-3:00pm	7:00am-3:00pm	7:00am-3:00pm	7:00am-3:00pm
Women's Senior Circuit* \$8.00	8:00am-9:00am				8:00am-9:00am
Men's Senior Circuit* \$8.00			8:00am-9:00am		9:00am-10:00am
Falls Prevention* \$8.00	12:00pm-1:00pm				
	2:00pm-3:00pm	2:00pm-3:00pm			
Aqua Exercise* (Oct - April) \$8.00			8:00am - 9:00am		8:00am - 9:00am
					2:00pm - 3:00pm
Acupunch \$8.00			10:00am—11:00am		11:00am—12:00pm
Pilates \$8.00					10:00am-10:45am
Seated Aerobics \$8.00			9:00am-9:40am		
Lifestyle Steps \$5.00	10:30am-11:30am				
Stretch & Flex \$5.00		9:00am-9:40am		8:00am-8:40am	
Tai Chi \$8.00		10:00am-10.30am			

**Dedicated Exercise Physiology Sessions** - Individual Exercise Physiology sessions available to provide one to one support . We are also registered to provide fully subsidised individual sessions through Medicare, DVA and Private Health Insurance providers.

**Supervised Gym** - Book in for a fully supervised gym session led by one of our Exercise Physiologists.

**Seniors Circuit** - Be led through a comprehensive workout incorporating free weights, resistance bands and the adjoining Wellness Gym equipment under the expert instruction of one of our qualified Wellness Staff. Requires Initial Assessment and HUR Program written prior to attending.

**Falls Prevention (Balance)** - Have new found confidence by challenging and improving your balance, coordination and mobility.

**Acupunch** - This is an exercise program that involves vibration through the hands by cupping or tapping parts of the body to promote blood circulation and balance.

**Tai Chi** - A gentle way to fight stress. Tai chi helps reduce stress, anxiety and in addition to this it also helps increase flexibility and balance.

**Aqua Exercise (Oct-Apr)** - Improve your fitness, strength and core stability in this low impact exercise session.

**Seated Aerobics:** Improve your cardiovascular endurance, coordination and core stability in the security of sitting down run by our enthusiastic EP to upbeat classic hits (music).

**Lifestyle Steps** - Join Lisa in this popular session focusing on balance and strength at a gentle pace.

**Stretch & Flex**—A 45min balance, stretching and resistance class led by one of our EP's.

**Pilates** - A system of exercises, designed to improve physical strength, flexibility, posture, and enhance mental awareness. \* Pilates takes place on the floor.

**WELLNESS PROGRAM**

## Annual Membership

A nominal annual membership fee is applied to all members.

**BallyCara Retirement Village Members: \$20.00**

**External Community Members: \$40.00**

(Includes access to the BallyCara Wellness Centre Pool  
7:00am-3:00pm Monday-Friday)

**Initial Assessment and Personalised Program: \$60.00**

**Dedicated Exercise Physiologist Session:**

\$60 for 1 hour / \$30 for 30minutes

**Supervised Gym: \$15.00/ session**

**Stretch & Flex & Lifestyle Steps: \$5.00/ session**

**All Other Group Classes: \$8.00/ session** (includes Zumba Gold, Seniors Circuit, Falls Prevention, Tai Chi, Pilates, Seated Aerobics and Aqua)

**NB:** All Wellness appointments are scheduled between  
7am –3pm, Monday to Friday

**Entitled Department of Veterans Affairs Clients &  
Medicare EPC Plans Accepted**

**Wellness Program Cancellation Policy:** *The normal supervised gym session fee will be charged in full for cancellations with less than 12 business hours' notice from scheduled appointment. The only exception will be for legitimate health reasons or other emergencies at the discretion of management. Please follow the prompts to leave a message if phoning after reception hours .*