

For more information or to
book an appointment please
contact us on
1300 272 222



Cara's & Co Weekly Schedule - Effective 01/01/2021

Caras' & Co, 36 Rose Street, Woolloowin, QLD 4020

BallyCara Exercise Classes & Social Groups

	Monday	Tuesday	Wednesday	Thursday	Friday
Individual Appointments	7:00am-3:00pm	7:00am-3:00pm	7:00am-3:00pm	7:00am-3:00pm	7:00am- 3:00pm
Open Supervised Gym \$15.00		9:00am-10:00am		9:00am-10:00am	
Falls Prevention \$8.00	9:00am-9:45am		9:00am - 9:45am		
Brain Training \$8.00		1:00pm-1:45pm			
Pilates \$8.00					11:15am-12:00pm
Seated Aerobics \$8.00			10:00am-10:45am		
Strong Bones \$8.00	1:00pm-1:45pm (Progressive)			1:00pm-1:45pm (Introductory)	
Invigorate by BallyCara		9:30am-12:00pm		9:30am-12:00pm	
Walking Group <i>FREE</i>			8:00am-8:45am		

Wellness Program—Exercise Descriptions

Dedicated Exercise Physiology Sessions— Individual Exercise Physiology sessions tailored to suit your needs and provide expert guidance on how to achieve your goals. We are also registered to provide subsidised individual sessions through Medicare and Private Health Insurance providers.

Open Supervised Gym— Be supervised through a comprehensive workout incorporating free weights, resistance bands and state of the art Wellness Gym equipment under the expert guidance of an Exercise Physiologist. This class is perfect for those that are confident with the gym equipment. *Requires Initial Assessment and Exercise Program prior to attending.

Falls Prevention (Balance) — Have new found confidence by challenging and improving your balance, coordination and mobility. This is a fun and interactive balance class

Brain Training— Harness the power of neuroplasticity and improve your brain function through activities that stimulate memory, reasoning, speed of processing and executive function.

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

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

Strong Bones— A 45min balance, stretching and resistance class led by one of our Exercise Physiologists. Join in this popular weight bearing exercise class to improve your bone and muscle strength.

Tai Chi (TBC)— A gentle way to fight stress. Tai chi helps reduce stress, anxiety and in addition to this it also helps increase flexibility and balance.

Balance Testing— Our HUR SmartBalance machine is the complete solution for testing and training your balance. It has the ability to assess and train your individual balance through scientifically proven testing methods, interactive computer programs and games.

Health Clinic

Remedial Massage— This massage based therapy is perfect for anyone the is suffering from pain or an injury in a particular area the body. Remedial massage is used treat, tense or immobile muscles and can support one's recovery. Book in with our Remedial Massage Therapist at Caras' and Co

\$70 for 1 hour / \$35 for 30 minutes

Social Group

Invigorate by BallyCara— Socialising with like-minded people is vital for our wellbeing. BallyCara's personalised group sessions embrace your individual background skills and passions to enhance and provide you with a range of exciting activities that are unique to you. *Morning Tea included*

Government subsidised and Private Service Options available. Including CHSP & HCP Funding.

Initial Assessment

\$70 for 1 hour (Individual Appointments / Open Supervised Gym) / \$35 for 30min (Group Classes)

1:1 Exercise Physiologist Session:

\$70 for 1 hour / \$35 for 30min

Open Supervised Gym

\$15 for 1 hour

Balance Program

Balance Assessment

\$70 for 1 hour

Subsequent Individual Balance Session

\$35 for 30min

8 Week Balance Improvement Program \$700

- Initial Assessment with printout/PDF report
- Client and EP goals
- 16x 30min Balance Training Sessions (Twice Weekly)
- Exit Assessment with printout/PDF
- Client Outcomes Report

Entitled Department of Veterans Affairs Clients,
Medicare Enhanced Primary Care Plans & Private
Health Funds Accepted

Wellness Program Cancellation Policy:

50% of the service fee will be charged 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 .