

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

1300 272 222



## Wellness Program Weekly Schedule - Effective 28/01/2020

Wellness Centre—37 Sunnyside Road, Scarborough, QLD 4020

BallyCara Exercise Classes

	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 \$10.00	8:00am - 9:00am (Women's Class)	9:00am - 10:00am	8:00am - 9:00am (Men's Class)	9:00am -10:00am	8:00am - 9:00am
	11:00am - 12:00pm				11:00am - 12:00pm
Falls Prevention \$8.00	2:15pm - 3:00pm (Introductory)		2:15pm - 3:00pm (Progressive)		
Brain Training \$8.00	1:00pm - 1:45pm				
Aqua Aerobics (Oct - April) \$8.00	8:00am - 8:45am		8:00am - 8:45am		
Pilates \$8.00					10:15am - 11:00am
Seated Aerobics \$8.00			9:15am -10:00am		
Stretch & Steps \$8.00	9:15am - 10:00am				
Tai Chi \$8.00		9:30am - 10:00am			
Seated Yoga \$15.00				10:15am-10:45am	

## 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, DVA 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 our team of Exercise Physiologists. This class is perfect for those that are confident with the gym equipment. \*Requires Initial Assessment and HUR/Exercise Program prior to attending.

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

Introductory - This class is perfect for those that are just starting out on their balance journey.

Progressive - This is a fun, interactive and challenging 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.

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

**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).

**Stretch & Steps** - A 45min balance, stretching and resistance class led by one of our Exercise Physiologists. Join in this popular session focusing on balance and strength at a gentle pace.

**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.

**Seated Yoga**- Part of chair Yoga includes Yoga Asanas. These are not strenuous and can be practiced by most people regardless of age. The techniques you will learn will enable you to experience a healthier body/mind free from many everyday tensions and anxieties. These sessions are designed to help release mental, emotional and physical blocks that stop us from experiencing our fullest potential.

### Initial Assessment

\$60 for 1 hour (Individual Appointments / Open Supervised Gym) / \$30 for 30min (Group Classes)

### 1:1 Exercise Physiologist Session:

\$60 for 1 hour / \$20 for 30min

### Open Supervised Gym

\$10 for 1 hour

### Wellness Pool

\$2 Entry Fee (Community Wellness Clients Only)

**\$8 Group Classes Include:** Falls Prevention, Brain Training, Tai Chi, Pilates, Seated Aerobics, Stretch and Steps and Aqua Aerobics

**NB:** All Wellness appointments are scheduled **Monday-Friday** between **7:00am–3:00pm**

### 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 .*

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