

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



## Cara's & Co Weekly Schedule - Effective 08/03/2022

Caras' & Co, 6/78 Station Road, Bethania, QLD 4205

BallyCara Exercise Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Individual Appointments</b>	7:00am - 3:00pm	7:00am - 3:00pm	7:00am - 3:00pm	7:00am - 3:00pm	7:00am - 3:00pm
<b>Mixed Exercise Class</b> \$8.00		8:30am - 9:30am			
<b>Women's Exercise Class</b> \$8.00		10:00am - 11:00am			
<b>Seniors Function Fitness Class</b> <i>Live Well Logan</i> \$5.00					8:30am - 9:30am
<b>Mixed Exercise Class</b> \$8.00					10:00am - 11:00am

### 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.

**Exercise Class**—The exercise classes are aimed at those aged 50 and over who want to improve their strength, fitness, mobility, balance and flexibility using resistance bands, free weights and gym equipment, while stimulating healthy brain function.

### 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.

\$75 for 1 hour / \$45 for 30 minutes—Location: Caras' & Co, \$110 for 1 hour—Location: In-Home

#### Initial Assessment

\$60 for 1 hour (Individual Appointments)

#### 1:1 Exercise Physiologist Session:

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

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

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

**Caras' & Co, 6/78 Station Road, Bethania, QLD 4205**

**BallyCara Exercise Classes**

### **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.*