

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

1300 272 222



## Gold Coast Wellness Program Weekly Schedule—2022

Shop 6, 39-41 Nerang Street, Nerang, QLD 4211

Mobile/In-home appointments available

	Monday	Tuesday	Wednesday	Thursday	Friday
Individual Exercise Physiology Appointments	7:00am-3:00pm	7:00am-3:00pm	7:00am-3:00pm	7:00am-3:00pm	7:00am-3:00pm
*Varsity Lakes Circuit Class \$15.00	8:00am-9:00am				
Banora Point Circuit Class \$15.00		10:30am-11:30am		10:30am-11:30am	
Burleigh Heads Hydrotherapy \$15.00 <i>includes pool entry</i>		1:00pm-1:45pm			
Banora Point Hydrotherapy \$15.00 <i>includes pool entry</i>			1:00pm-1:45pm		
Runaway Bay Hydrotherapy \$15.00 <i>includes pool entry</i>	1:30pm-2:15pm			1:30pm-2:15pm	

## Wellness Program—Exercise Descriptions

**Individual Exercise Physiology Appointments**— Individual Exercise Physiology appointments 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.

Address: In Home or Agreed Location

**Runaway Bay Hydrotherapy**—A 45min, water-based exercise session incorporating balance, strength and aerobic components in the comfort of a heated pool

Address: Gold Coast Performance Centre, 1 Sports Drive, Runaway Bay

**Banora Point Circuit Class**—A 45min class led by one of our Exercise Physiologists. Join in this popular weight-bearing exercise class to improve your overall strength and balance

Address: Banora Point Community Centre, Cr Woodland and Leisure Drive, Banora Point, NSW

**Burleigh Heads Hydrotherapy**— A 45min, water-based exercise session incorporating balance, strength and aerobic components in the comfort of a heated pool

Address: Laurie Lawrence Swim School, 6 Flagstone Drive, Burleigh Heads

**Banora Point Hydrotherapy**— A 45min, water-based exercise session incorporating balance, strength and aerobic components in the comfort of a heated pool

Address: Laurie Lawrence Swim School, Cr Greenway and Leisure Drive, Banora Point, NSW

**Varsity Lakes Circuit Class**—A 45min balance, aerobic and resistance class led by one of our Exercise Physiologists. Join in this popular weight-bearing exercise class to improve your overall fitness.

Address: Varsity Lakes Community Centre, Jim Harris Park, Maddocks Road, Varsity Lakes  
(\*Previously run on a Thursday at Burleigh Waters Community Centre)

# WELLNESS PROGRAM

## Initial Assessment

\$120 for 1 hour

### 1:1 Exercise Physiologist Session:

In-home: \$120 for 1 hour / \$60 for 30min

**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 24 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**

## Contact Us

Phone: 1300 272 222

Email: [wellness@ballycara.com](mailto:wellness@ballycara.com)

Website: [www.ballycara.com](http://www.ballycara.com)