

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

1300 272 222



Gold Coast Caras' & Co Weekly Schedule (Off-site/Community)

Mobile/In-home appointments available

	Monday	Tuesday	Wednesday	Thursday	Friday
Individual Exercise Physiology Appointments	7:00am-4:00pm	7:00am-4:00pm	7:00am-4:00pm	7:00am-4:00pm	7:00am-4:00pm
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 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 45 minute 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, QLD

Banora Point Circuit Class — A 45 minute 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 45 minute 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, QLD

Banora Point Hydrotherapy — A 45 minute 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 45 minute 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, 20 Mattocks Road, Varsity Lakes, QLD

Initial Assessment

\$120 for 1 hour

1:1 Exercise Physiologist Session:

On-site: \$100 for 1 hour / \$50 for 30min

Off-site: \$120 for 1 hour / \$60 for 30min

NB: All Wellness appointments are scheduled **Monday-Friday** between **7:00am–4:00pm**
No cash payments are accepted.

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,
NDIS self and plan-managed Clients & Private
Health Funds Accepted**

Contact Us

Phone: 1300 272 222

Email: wellness@ballycara.com

Website: www.ballycara.com