

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

1300 272 222



Gold Coast Caras' & Co Weekly Schedule (On-site)

My Centre Nerang, Shop 25-27, 57 Station St,
Nerang, QLD 4211

	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
Men's Group Exercise Class \$12.00		9:30am-10:15am			
Circuit Class \$12.00			9:00am-9:45am		
Balance and Falls Prevention \$12.00				9:00am-9:45am	
Walking Group FREE	7:00am-7:30am				

Initial Assessment

\$100 for 1 hour (Individual Appointments)

1:1 Exercise Physiologist Session:

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

NB: All Wellness appointments are scheduled **Monday—Friday**
between **7:00am – 4:00pm**.
Cashless payments preferred.

Contact Us

Phone: 1300 272 222

Email: wellness@ballycara.com

Website: www.ballycara.com

**Entitled Department of Veterans Affairs Clients, Medicare
Enhanced Primary Care Plans, NDIS self and plan-managed
Clients, Home Care Packages & Private Health Funds Accepted**

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 Group Class — If you're over 50 and enjoy the company of other like-minded exercisers, give this class a go. It is a light paced, whole-body exercise class for those who want to improve their strength, mobility and flexibility using resistance bands, free weights and gym equipment in a fun, safe and social environment.

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.

Balance and Falls Prevention — This is a fun and interactive balance class that not only physically challenges you, but also provides you with the education and resources to best manage your falls prevention journey.

Walking Group — This walking group is run in conjunction with the Heart Foundation and is facilitated by one of our Exercise Physiologists. It is a fantastic chance to stay active and meet new friends along the way. Meet outside Caras' & Co Gold Coast for a 30 minute or less walk at a slow to moderate pace. Prams and walkers welcome, no pets (per centre rules).

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.