

# Caras' & Co Logan

## Weekly Schedule - Effective 04/08/2025



### MONDAY

**7:00am-3:00pm**

Individual  
Appointments

### TUESDAY

**7:00am-3:00pm**

Individual  
Appointments

**8:30am-9:30am**

Seniors Functional  
Fitness Class  
Active & Healthy  
Logan  
*Bookings required*

### WEDNESDAY

**7:00am-3:00pm**

Individual  
Appointments

### THURSDAY

**7:00am-3:00pm**

Individual  
Appointments

**8:30am-9:30am**

Seniors Functional  
Fitness Class  
Active & Healthy  
Logan  
*Bookings required*

### FRIDAY

**7:00am-3:00pm**

Individual  
Appointments

For more information or to book an appointment please contact us on **1300 272 222**, email **wellness@ballycara.com** or visit our website **www.ballycara.com**

**Caras' & Co Logan, 42-48 Bourke Street,  
Waterford West, QLD 4133**

### **Cancellation Policy:**

*100% of the service fee will be charged for cancellations with less than 24 hours' notice. Genuine emergencies including health concerns will be considered for short notice cancellations. Please follow the prompts to leave a message if phoning after hours (Monday-Friday 8:00am-4:00pm).*

# Wellness Program Logan

## Individual Private Health & Wellness Service Fees

Service	Hourly Rate at BC Operated Location	Hourly Rate at Client Location
Registered Nurse	<b>\$160.00</b>	<b>\$215.00</b>
Exercise Physiology	<b>\$160.00</b>	<b>\$215.00</b>
Physiotherapy	<b>\$160.00</b>	<b>\$215.00</b>
Social Work	<b>\$160.00</b>	<b>\$215.00</b>

- The total price for the service includes GST.
- Minimum of 60 minutes except for Registered Nursing appointments which are a minimum of 30 minutes.
- Travel is included in the "At Client Location" Fee.
- All appointments include non-contact time for documentation and research.
- Individual hydrotherapy & third-party gym sessions attract an additional \$15.00 amenity fee.

*\*Allied Health Assistant services are referred internally following an initial assessment by Allied Health Professional.*



*CHSP, DVA, Medicare & NDIS referrals accepted.*

### **Seniors Functional Fitness Class (\$5.00) -**

This exercise class is proudly subsidised by Active and Healthy Logan! Embrace vitality and elevate your well-being with BallyCara's Seniors Functional Fitness Class at Bethania Community Centre.

Tailored for the unique needs of older adults, this class focuses on enhancing strength, flexibility, and balance to support everyday activities.

Address: Bethania Community Centre,  
88-118 Station Rd, Bethania, QLD