

Wellness Program Scarborough

Weekly Schedule - Effective 02/02/2026



MONDAY

7:00am-3:00pm

Individual
Appointments

8:00am-9:00am

Open Supervised
Gym

9:00am-9:45am

Tai Chi
(Village Centre)

11:00am-11:45am

Rhythm For You
(Village Centre)

2:00pm-2:45pm

Balance
(Progressive)

TUESDAY

7:00am-3:00pm

Individual
Appointments

9:00am-10:00am

Open Supervised
Gym

WEDNESDAY

7:00am-3:00pm

Individual
Appointments

8:00am-9:00am

Open Supervised
Gym

8:00am-8:45am

Aqua Aerobics
(September - April)

9:00am-9:45am

Seated Aerobics
(Village Centre)

2:00pm-2:45pm

Balance (Intro)

THURSDAY

7:00am-3:00pm

Individual
Appointments

9:00am-10:00am

Open Supervised
Gym

9:00am-9:45am

Seated Yoga
(Village Centre)

FRIDAY

7:00am-3:00pm

Individual
Appointments

8:00am-9:00am

Open Supervised
Gym

1:00pm-2:00pm

Open Supervised
Gym

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**

**Wellness Centre - 37 Sunnyside Rd
Scarborough QLD 4020**

*Please check in at Reception before starting your aqua class.
For rebooking classes the following week, please visit or call Reception.*

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CHSP, DVA, Medicare & NDIS
referrals accepted.



Individual Private Health & Wellness Service Fees

Service	Hourly Rate at BC Operated Location	Hourly Rate at Client Location
Registered Nurse	\$160.00	\$215.00
Exercise Physiology	\$160.00	\$215.00
Remedial Massage Therapy	\$140.00	\$180.00
Physiotherapy	\$160.00	\$215.00
Occupational Therapy	\$160.00	\$215.00
Allied Health Assistant*	\$120.00	\$155.00
Group Class	\$35.00/class	

- 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.*

Group Classes

CHSP Opportunity:

You may be eligible to be supported by the Commonwealth Home Support Programme (CHSP), to join up to two group classes per week for just \$5.00 each.

Private Health Insurance:

If you have Private Health cover, our Exercise Physiologists and Physiotherapists offer services that can be claimed through HICAPS.

Unlimited Group Classes - Direct Debit Option:

Love attending regularly? For \$35.00 per week, our Direct Debit plan gives you unlimited access to BallyCara-led group classes.

To sign up for the Direct Debit plan, please contact the team to organise.

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).

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Class Descriptions



Open Supervised Gym - This class is perfect for those who are confident with the state of the art gym equipment in BallyCara's Wellness Centre.

Balance - Improve your confidence by challenging your balance, coordination and mobility. Classes tailored to beginners (introductory) or those with experience (progressive).

Aqua Aerobics (September-April) - Improve your fitness, strength and core stability in this low impact exercise session.

Seated Aerobics - Improve your cardiovascular endurance, coordination, and seated balance in a safe and accessible environment run by our enthusiastic Exercise Physiologist to upbeat classical music.

Tai Chi - Improve balance, coordination and mobility through the slow controlled movements of this mindful ancient practice.

Seated Yoga - Gentle chair-based yoga class inspired by Yoga Asanas (poses) that promote flexibility, mobility, and mindfulness.

Rhythm For You - Embrace the dance floor as we celebrate the joy of movement, dance, and community. We offer options for both seated and standing dancers, open to all levels, including those who love to improvise their moves.