

Bryn Williams 8/11/24

I attend SFL at the Mount Barker Community Centre and have been attending for about 2 years.

I joined SFL after seeing it advertised on the Community Notice Board, and as I find normal gyms boring I thought I would go along and see what it was all about, and loved it the fact that it is individually tailored for your particular needs, as I have back problems, the instructor who is excellent, took this all into account when devising a program for me.

The instructor is excellent and does periodical checks to see that you are using the equipment and doing your exercises correctly, she is great at her job.

I find that I have much more mobility and flexibility now than I had before, and having your own individual program motivates you to continue knowing that you are getting benefits from it. Without a doubt your health and wellbeing improve.

The group are a very friendly bunch, and I look forward to going each week.

I would recommend the program to anyone. The instructor does a great job and the SFL experience as I have already said is tailored to your needs and not too demanding but enough for you to get great benefits out of it.

Great program with excellent instructors and very affordable.