

David Bleby 15 September 2023

I attended SFL for 3 years at Pro Health Mitcham, but now attend at Clarence Park Community and I have been there for about 18 months.

I joined SFL as I realized that I needed to keep the body in some sort of trim and fitness as I aged.

I love the discipline of attending 1 to 2 sessions of SFL a week, and interaction with a self-minded community.

There has been a general overall improvement in my strength, and I have been able to increase the weights and intensity of exercises.

I love the general chit chat with the other participants, and gatherings outside of SFL with a friendly welcoming group.

Our present trainer is very attentive and makes a point of checking on everyone and reviewing our individual programs as necessary. She is a very popular trainer, and our sessions are always full.

It's a very good program for keeping up your strength and fitness as you age and very affordable.