

Linda Morris 8 September 2023

I attend SFL at Premium Fitness at Blackwood and have been attending for about 5 years.

Have always done a lot of sport and am reasonably fit and healthy but heard about SFL and thought this would be a great thing to help improve my overall strength, which can diminish as you age.

I enjoy the social aspect of SFL and have made some really great friends, and we go out for lunch and sometime coffee. The instructor is brilliant.

It difficult to say what improvement SFL has helped with as I am very fit and do a lot of sport but I have noticed that SFL has complimented my overall fitness, by improving my muscle strength, which I attribute to the weight training SFL provides.

All exercise is great for your wellbeing and SFL certainly helps in this factor.

I love the instructor she is very knowledgeable, know me well after doing SFL with her for 5 years, but is always on hand to advise, very approachable and helpful.

I would totally recommend SFL to all, it's a great form of exercise for older people structured to your individual needs, the assessment is great and I really love the program.