

Megan 28/7/23

I have attended SFL for 5 years and at 3 different centers, Unley Community Centre, Goodwood Community Centre, and currently at Clarence Park Community Centre I have changed centers because I have followed the trainer, when she moved as I am very very happy with her.

When I retired, I was looking for something to do and saw the advertisement for SFL at the Unley Community Centre, so decided I would give it a go, best thing ever.

I enjoy SFL, the meeting of new and different people, I love the warmups and stretching, plus your own individual exercise program. I enjoy the social aspect as well as the fitness.

The strength for life program has definitely improve my overall fitness and strength, although I have recently not been able to attend due to 2 lots of COVID and RSV I have also had two lots of breast cancer, but have really appreciated that the trainer, has contacted me a few times to see how I am going, which I appreciated very much. I am in the process of slowly returning to SFL, to again build up my strength and fitness.

SFL has mentally helped me to keep a positive attitude and be pleased to focus on what I can do and not what I can't do.

The groups in all 3 centres are very friendly and welcoming, sometimes we will all go out for coffee after SFL.

As I have said before I am very, pleased with the instructor and have followed her to other centres when she moved. She is very informed and adjusts exercises as needed. I think she is as good as a Physio. She is a very caring person, taking the time to contact me when I did not attend due to illness.

I utterly recommend SFL to anyone, because it helps mentally and physically, and it is structured to each individuals needs and abilities.