

NOARLUNGA CENTRE

City of Onkaparinga - Noarlunga Aquatic Centre
13 Seaman Rd **8488 2099**

NORTHGATE

Snap Fitness Shop 8 Fosters Rd **0418 843 852**

OSBORNE

Lefevre Comm. Centre 541 Victoria Rd **8405 6908**

PARAFIELD GARDENS

Parafield Gardens Recreation Centre
Cnr Kings & Martins Rds **8286 8800**

PARA HILLS WEST

Anytime Fitness 450 Bridge Rd **0416 528 745**

RICHMOND

Peak 24 Fitness and PT
149-151 Marion Rd **0412 501 480**

SALISBURY

City of Salisbury - Jack Young Centre
2 Orange Ave **8406 8251**

SEAFORD RISE

Recreation Centre 620 Grand Blvd **8488 2000**

SEATON

OLON 86-96 Trimmer Pde **1800 006 566**

ST MARYS

Fitness Impact Training
1/1249 South Rd **0417 023 511**

TORRENSVILLE

Thebarton Aquatic Centre
1 Meyer St **8200 2531**

TUSMORE

City of Burnside Civic Centre
401 Greenhill Rd **8366 4166**

UNLEY

Community Centre 18 Arthur St **8372 5128**

VIRGINIA

City of Playford - Virginia Institute
19 Old Port Wakefield Rd **8256 0377**

WOODVILLE

YMCA St. Clair Rec. Centre
109 Woodville Rd **7078 4184**

AQUA

ANGLE PARK

YMCA The Parks Rec 46 Cowan St **8406 2900**

ELIZABETH

Bluefit - Aquadome 1 Crockerton Rd **8287 8800**

GOLDEN GROVE

State Swim 151 The Golden Way **8289 5466**

CALD Groups

INTERCULTURAL

BEULAH PARK

Clayton Wesley Uniting
280 Portrush Rd **0466 367 549**

ELIZABETH SOUTH

Grenville Hub 6 Playford Blvd **8256 0371**

MILE END (AQUA)

CHG Pool 03 Henley Beach Rd **0418 331 424**

PARAFIELD GARDENS (WOMEN'S ONLY)

Morella Community Centre 90 Kings Rd **8406 8484**

SALISBURY

Migrant Resource Centre 28 Mary St **8217 9534**

ARABIC/SYRIAN

FULHAM GARDENS

Alhuda Society
Unit 1/476 Tapleys Hills Rd **0434 151 995**

BURUNDIAN

DAVOREN PARK (WOMEN'S ONLY)

NACYS Community Centre Compound - T2 Building
Oldford St **0411 655 330**

HUNGARIAN

NORWOOD

Hungarian Caritas 6-8 Eastry St **8333 0376**

UKRAINIAN

HINDMARSH

Ukrainian Community Centre
64-66 Orsmond St **0423 602 544**

VIETNAMESE

ATHOL PARK (WOMEN'S ONLY)

Vietnamese Women's Association
8B Goodall Pde **8359 4115**

MAWSON LAKES

Community Access and Services SA (CAASSA)
62 Athol St **0450 285 081**



**Strength
for Life**

Metropolitan SFL Providers

COTA SA

Kaurna Country,
Level 1/85 Hutt Street, ADELAIDE
P: 08 8232 0422 Free call: 1800 182 324
E: sfl@cotasa.org.au www.cotasa.org.au



Updated April 2025

Metropolitan Listings - TIER 1

ALBERT PARK

Inertia Health Group 982-986 Port Rd **8359 2022**

ALDINGA BEACH

Aldinga Rec. Centre 5 McRae St **0424 729 425**

BEULAH PARK

Resilient Health Group 226 Magill Rd **8123 8666**

HENLEY BEACH

ECH Wellness 168a Cudmore Tce **1300 275 324**

HOPE VALLEY

Leading Therapies 1215 Grand Jct Rd **8172 2500**

Pro Health Care

1290 Grand Junction Rd **8396 4000**

HOVE

Healthy Habits Exercise Physiology & PT

C/-Anytime Fitness 360 Brighton Rd **0474 093 217**

KIDMAN PARK

Pro Health Care 380 Grange Rd **8356 2299**

MODBURY

Encore Apartments 85 Smart Rd **1300 275 324**

MORPHETT VALE

ECH Wellness 126 Pimpala Rd **1300 275 324**

MORPHETTVILLE

YMCA Marion Leisure

Cnr Oaklands Rd & Rosedale Ave **8294 6488**

ST PETERS

Leading Therapies 175 Payneham Rd **8172 2500**

TORRENS PARK

Pro Health Care 105 Belair Rd **8271 2222**

WALKERVILLE

ECH College Grove 18 North East Rd **1300 275 324**

Metropolitan Listings - TIER 2

ABERFOYLE PARK

The Hub Rec. Centre 100 Taylors Rd **8488 2000**

ADELAIDE

The Adelaide University Fitness Hub

Lady Symon Building, Victoria Dr **8313 6999**

ALBERT PARK

Inertia Health Group 982-986 Port Rd **8359 2022**

ALDINGA BEACH

Aldinga Rec. Centre 5 McRae St **0424 729 425**

ANGLE PARK

YMCA The Parks Rec. 46 Cowan St **8406 2900**

ANGLE VALE

Angle Vale Gardens Retirement Estate

4 Fradd Rd **0418 816 107**

BEULAH PARK

Resilient Health Group 226 Magill Rd **8123 8666**

BLACK FOREST

Clarence Park Centre 72-74 East Ave **8293 8166**

BLACKWOOD

Anytime Fitness 365 Shepherds Hill Rd **8278 2709**

CAMDEN PARK

Community Centre 7 Carlisle St **8376 0022**

CHRISTIES BEACH

Bodysmith Fitness 43 Gulfview Rd **0401 118 962**

COLLINSWOOD

City of Prospect - Nailsworth Community Hall

31 D'Erlanger Ave **8342 8091**

COROMANDEL VALLEY

Community Centre 442B Main Rd **8370 6880**

CUMBERLAND PARK

Yuki Health 390 Goodwood Rd **0424 724 914**

EASTWOOD

Community Centre 95 Glen Osmond Rd **8373 2225**

EDEN HILLS

Blackwood Community Rec. Centre

1 Northcote Rd **8278 8833**

ELIZABETH

Bluefit Aquadome 1 Crockerton Rd **8278 8800**

ENFIELD

Community Centre 540 Regency Rd **8405 6556**

FELIXSTOW

Positive Lifestyle 20-24 Turner St **0414 213 960**

GILLES PLAINS

Wandana Comm. Centre 14 Blacks Rd **8215 6330**

GLENELG

Anytime Fitness Glenelg 115 Jetty Rd **0412 987 014**

GOLDEN GROVE

Recreation Centre The Golden Way **8397 7429**

GOODWOOD

Community Centre 32-34 Rosa St **8372 5143**

HAHNDORF

Mt Barker Comm. Centre - Hahndorf Institute

59 Mt Barker Rd **8391 2747**

HALLETT COVE

Fit 4 Everyday

Cnr Madison Crt & Qualio Ave **0400 950 580**

HAZELWOOD PARK

Angie Lewis C/- Goodlife Health Club

539 Greenhill Rd **0419 854 235**

HIGHBURY

Turramurra Rec. Centre

1000 Lower Nth East Rd **8397 7433**

HOVE

Holdfast SFL 51 King George Ave **8294 6488**

INGLE FARM

Funlife Fitness Centre 11 Roopena St **8264 3918**

Ingle Farm Rec. Centre - Belgravia Leisure

3/58 Beovich Rd **7422 1500**

KENSINGTON PARK

Kensington Community Leisure Centre - YMCA SA

344 The Parade **0402 883 227**

KIDMAN PARK

Viva Fitness 3 Keele Pl **8353 5533**

LIGHTSVIEW

The Lights Community and Sports Centre

244-270 East Parkway **8405 6670**

MARDEN

Healthworks 63 Lower Portrush Rd **0401 898 335**

MODBURY

Snap Fitness 22/429 Montague Rd **0409 601 614**

MORPHETT VALE

Oasis 24/7 Gym 105 Main South Rd **8186 3428**

Wakefield House 65 Acre Ave **0481 127 781**

MORPHETTVILLE

YMCA Marion Leisure

Cnr Oaklands Rd & Rosedale Ave **8294 6488**

MOUNT BARKER

Adelaide Hills Rec. Centre 2 Howard Lne **8391 0222**

Community Centre 3 Dumas St **8391 2747**



Country SFL Providers

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Updated March 2025

Country Listings - TIER 1

MT GAMBIER

Boandik Lodge Inc. 101 Lake Tce East **8724 1251**

NEWTOWN

Barunga Village Inc. 1 Port Rd **8635 0526**

PETERBOROUGH

Country Health SA 23 Hurlstone St **8638 1100**

PORT AUGUSTA

Comet Healthcare 6 High St **7610 8242**

PORT BROUGHTON

Barunga Village Inc. Community Hall **8635 0526**

RISDON PARK

Barunga Village Inc. 390 The Terrace **8635 0526**

VICTOR HARBOR

ECH Wellness 2, 1-7 Torrens St **1300 275 324**

Country Listings - TIER 2

BALAKLAVA

Roweena Tiller Short Tce & Harris St **0488 224 854**

BERRI

Vitality Club Cnr Kay Ave & Fiedler St **8582 3434**

CLARE

YMCA The Valleys 180 Main North Rd **8842 3999**

COONALPYN

Community Gym Dukes Hwy **0403 571 538**

HAYBOROUGH

YMCA Fleurieu Centre 50 Ocean Rd **7078 4150**

KAPUNDA

Sophie Beers PT 5 Chapel St **0417 887 674**

KAROONDA

Joseph Stone Karoonda Gym **0448 825 780**

KINGSTON

The Fitness Hub 51 James St **0499 885 400**

LOXTON

Core Value Fitness 15 East Tce **8584 6757**

LUCINDALE

Lucindale Comm. Gym Elm St **0438 659 038**

MANNUM

P.H.A.T Fit 51 Adelaide Rd **0467 363 301**

MORGAN

Morgan Comm. Gym Third St **0427 425 358**

P.H.A.T Fit Cnr Fourth & Eighth St **0467 363 301**

MURRAY BRIDGE

Inner Soul 96 Eleanor Tce **0400 316 388**

Snap Fitness 3 Swanport Rd **0433 112 139**

Believe & Achieve Wellness 2 You
5 Pugh Ave **0433 112 139**

NEWTOWN

Barunga Village Inc. 1 Port Rd **8635 0526**

NILDOTTIE

P.H.A.T Fit 4052 Hunter Rd **0467 363 301**

NURIOOTPA

The Village Gym 16 River Rd **0499 049 778**

ORROROO

Country Health SA 17 Second St **8638 1100**

PORT BROUGHTON

Barunga Village Inc. Community Hall **8635 0526**

PORT LINCOLN

YMCA Leisure Centre 2 Jubilee Dr **8683 4949**

PORT PIRIE

Country Health SA 50 Gertrude St **8638 1100**

RENMARK

Alan Coulter Centre Fifteenth St **8586 6072**

RISDON PARK

Barunga Village Inc. 390 The Terrace **8635 0526**

TAILEM BEND

Community Centre 141 Railway Tce **0414 770 970**

TANUNDA

The Rex Aquatic Magnolia Rd **8563 2766**

WAIKERIE

Comm. Sports Centre 59 Lawrie Tce **8451 3477**

WHYALLA

YMCA Leisure Centre 5 Racecourse Rd **8645 5488**

AQUA

HAYBOROUGH

YMCA Fleurieu Aquatic Centre
50 Ocean Rd **7078 4150**

ORROROO

District Council of Orroroo Carrieton
1 West Tce **8658 1260**

CALD Groups

KAREN COMMUNITY (WOMEN'S ONLY)

MOUNT GAMBIER

Migrant Resource Centre 13 Eleanor St **8726 4800**

CHINESE

MURRAY BRIDGE

Inner Soul Rehab Centre 96 Eleanor Tce **8535 5600**