

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**

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 5522**

CALD Groups

INTERCULTURAL

BEULAH PARK

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

MILE END (AQUA)

CHG Pool 103 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**

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**

SIERRA LEONEAN

SEATON NORTH (KABUDU MEN'S GROUP)

Seaton Community Centre **0421 151 155**

VIETNAMESE

ATHOL PARK

Community Access and Services SA (CAASSA)
62 Athol St **8447 8821**

INGLE FARM (WOMEN'S ONLY)

Vietnamese Women's Association
Ingle Farm Recreation Centre **8359 4115**



**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

Metropolitan Listings - TIER 1

ALBERT PARK

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

ALDINGA BEACH

EM Therapy & Support 5 McRae St **0424 729 425**

BEULAH PARK

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

EDWARDSTOWN

EM Therapy & Support 375 Cross Rd **0424 729 425**

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**

INGLE FARM

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

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**

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

Adelaide University Fitness Hub

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

ALBERT PARK

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

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 **8287 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

Turrumurra Rec. Centre

1000 Lower Nth East Rd **8397 7433**

HOVE

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

INGLE FARM

Ingle Farm Rec. Centre - BlueFit

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**

NOARLUNGA CENTRE

Fitness Impact Training C/- Noarlunga Rec. Centre

13 Seaman Rd **0417 023 511**



Country SFL Pro

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Updated July 2025

Country Listings - TIER 1

MT GAMBIER		
Boandik Lodge Inc.	101 Lake Tce East	8724 1251
PETERBOROUGH		
Country Health SA	23 Hurlstone St	8638 1100
PORT AUGUSTA		
Comet Healthcare	6 High St	7610 8242
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
CLARE		
YMCA The Valleys	180 Main North Rd	8842 3999
COONALPYN		
Community Gym	Dukes Hwy	0403 571 538
HAYBOROUGH		
YMCA Fleurieu Aquatic 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
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
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 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**

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**