

PARAFIELD GARDENS

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

PARA HILLS WEST

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

PROSPECT

Strike Force Fitness 108 Prospect Rd **0435 005 962**

RICHMOND

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

SALISBURY

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

SEAFORD HEIGHTS

Trend Fitness 3/44 Robinson Rd **8186 3428**

SEAFORD RISE

Recreation Centre 620 Grand Blvd **8488 2000**

SEATON

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

ST PETERS

Leading Therapies 175 Payneham Rd **8172 2500**

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**

PARAFIELD GARDENS (WOMEN'S ONLY)

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

SALISBURY

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

BHUTANESE

SALISBURY

Salisbury Primary School
2-16 Compuda Street **0439 084 853**

BURUNDIAN

DAVOREN PARK

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

CAMBODIAN

PARAFIELD GARDENS

Angkor Hall 376-386 Salisbury Hwy **0466 367 549**

HUNGARIAN

NORWOOD

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

UYGHUR COMMUNITY

GILLES PLAINS

Wandana Community Centre
14 Blacks Rd **8215 6330**

VIETNAMESE

MAWSON LAKES

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



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 August 2024

Metropolitan Listings - TIER 1

ALBERT PARK

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

BEDFORD PARK

Flinders Health2Go 13 Sturt Dr **7221 8700**

HENLEY BEACH

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

HOPE VALLEY

Pro Health Care
1290 Grand Junction Rd **8396 4000**

HOVE

Holdfast SFL 51 King George Ave **8298 7422**

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**

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

SFL - COTA SA 223 Angas St **8232 0422**

ALDINGA BEACH

Aldinga Rec. Centre 2 McRae St **8488 2000**

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**

GEPPS CROSS

Football South Australia
Service FM Stadium Matilda's Dr **8340 3088**

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 **8272 7148**

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**

HOPE VALLEY

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

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 **8431 1117**

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

Trend Fitness 105 Main South Rd **7183 0022**

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

MOUNT BARKER

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

Community Centre 3 Dumas St **8391 2747**

NOARLUNGA CENT

City of Onkaparinga - Noarlunga Aquatic Centre
13 Seaman Rd **8384 1144**

NORTHGATE

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

OSBORNE

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



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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

SFL Cnr 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**

GOOLWA

YMCA Goolwa Oval Goyder St **7078 4155**

HAYBOROUGH

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

KAPUNDA

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

KAROONDA

Joseph Stone
Karoonda Community 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**

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**

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 Terrace **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**