

## 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**

## 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

## 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**

#### 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

## 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**

### HIGHBURY

Turrumurra 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**

### NORTH ADELAIDE

Adelaide Aquatic Centre Jeffcott Rd **8203 7665**

### NORTHGATE

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

### OSBORNE

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



## Country 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 June 2024

### 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**

#### 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

#### MOUNT GAMBIER

KAREN COMMUNITY (WOMEN'S ONLY)  
Migrant Resource Centre 13 Eleanor St **8726 4800**