

Susan McDonald 15 September 2023

I attend SFL at Turrumurra Rec. Centre and I am attending 1 to 2 sessions per week, depending on my health.

I was forced into early retirement due to ill health and with my specialist recommendation SFL was very welcoming and happy to take me on as a participant.

I enjoy that fact the SFL has enabled me to enhance and improve my fitness and regained strength lost through my illness. I also love the comradery of the class.

The changes in my overall strength and fitness have improved dramatically, my balance was shot, and I couldn't get down or off floor, but I can do all this now.

My illness made me very tired, and this has improved dramatically. I just feel so much better in myself and now enjoy being part of life.

When I joined SFL all the classes were full so I couldn't get a regular class at the time, so I attended many different classes, waiting for my permanent class, but all the classes have been great and inviting and welcoming. I now have my permanent classes and so enjoy making new friends.

As I was moving around lots of different SFL classes, I interacted with various instructors, who are all helpful and understanding of my health issues and assisted me professionally with my exercise program. The program is adjusted to suit my health needs and reviewed when necessary as I improve.

As part of being newly retired one of things that prompted me to attend SFL was its affordability for older people and the social interaction is a great part of the program.