

Metropolitan Listings cont.

PEAK 24 FITNESS AND PT

149 Marion Road, Richmond Tel: 0412 501 480

SEAFORD REC. CENTRE

620 Grand Boulevard, Seaford Rise Tel: 8488 2000

SHERLOCK ELEMENTARY FITNESS - ADELAIDE

First Floor, 7 Carrington Street Tel: 0418 191 991

ST. LOUIS HOME CARE

11 Dudley Road, Marryatville Tel: 8332 0950

THE HUB REC. CENTRE

100 Taylors Road, Aberfoyle Park Tel: 8488 2000

THE LODGE FITNESS CENTRE

1587 Main North Road, Salisbury East Tel: 8258 9066

UNLEY COMM. CENTRE

18 Arthur Street Tel: 8372 5128

VFIT HOLISTIC

108 Prospect Road, Prospect Tel: 0417 887 674

VIVA FITNESS

3 Keele Place, Kidman Park Tel: 8353 5533

WAKEFIELD HOUSE

65 Acre Avenue, Morphett Vale Tel: 8384 6158

YMCA JOHN MCVEITY CENTRE

182 Peachey Road, Smithfield Plains Tel: 8480 0100

YMCA MARION LEISURE AND FITNESS CENTRE

Cnr Oaklands Road, Morphettville Tel: 8294 6488

YMCA ST. CLAIR REC. CENTRE

109 Woodville Road, Woodville Tel: 7078 4184

YMCA THE PARKS REC. AND SPORTS CENTRE

46 Cowan Street, Angle Park Tel: 8406 2900

YUKI HEALTH AND HAPPINESS

390 Goodwood Road, Cumberland Pk. Tel: 0424 724 914

YUKI HEALTH AND HAPPINESS

177 Pimpala Road, Woodcroft Tel: 0424 724 914

Country Listings

TIER 1

BOANDIK LODGE INC.

101 Lake Terrace East, Mt Gambier Tel: 8724 1251

ECH WELLNESS VICTOR HARBOR

33 Cornhill Road Tel: 1300 275 324

TIER 2

BELGRAVIA LEISURE - THE F.A.R.M CENTRE

40 Hanson Street, Freeling Tel: 0447 699 725

COMMUNITY CONNECT

Cnr Loveday and Goolwa Tce, Goolwa Tel: 8555 7230

CORE VALUE FITNESS

14 East Terrace, Loxton Tel: 8584 6757

COUNTRY HEALTH SA - ORROROO COMM. GYM

17 Second Street Tel: 8638 1100

COUNTRY HEALTH SA - YORKE & NORTHERN REGION

50 Gertrude Street Tel: 8638 1100

ISLAND FITNESS AND MASSAGE - KINGSCOTE

Island Motel, 4 Telegraph Road Tel: 0428 898 363

KINGSTON HEALTH AND FITNESS HUB

51 James Street Tel: 0499 885 400

MOCULTA FITNESS

Moculta Hall, 2 Truro Road Tel: 8563 9147

MORGAN FITNESS AND WELLBEING INC.

Morgan Comm. Gym, Third Street Tel: 0427 425 358

MYGYM - MYPONGA SPORTS AND FITNESS CENTRE

Oval Drive Tel: 0414 470 529

RENMARK HEALTH AND FITNESS CENTRE

15th Street Tel: 8586 6072

THE REX BAROSSA AQUATIC FITNESS

Magnolia Road, Tanunda Tel: 8563 2766

VITALITY HEALTH CLUB - BERRI

Cnr Kay Avenue and Fiedler Street Tel: 8582 3434

WAIKERIE COMM. SPORTS CENTRE

Lawrie Street Tel: 8541 3477

YMCA FLEURIEU AQUATIC CENTRE - HAYBOROUGH

Cnr Ocean and Waterport Rds Tel: 7078 4150

YMCA PORT LINCOLN LEISURE CENTRE

2 Jubilee Drive Tel: 8683 4949

YMCA THE VALLEYS LIFESTYLE CENTRE

Main North Road, Clare Tel: 8842 3999

YMCA WHYALLA LEISURE CENTRE

Racecourse Road Tel: 8645 5488



STRENGTH FOR LIFE



Metropolitan and Country Listings

Updated September 2019

COTA SA

16 Hutt Street

Adelaide SA 5000

P: (08) 8232 0422

F: (08) 8232 0433

Country Callers 1800 182 324

sfl@cotasa.org.au

www.cotasa.org.au

www.facebook.com/strengthforlife50plus/

twitter.com/sfl50plus



**STRENGTH
for life 50+**

Metropolitan Listings

TIER 1

BLUEFIT - AQUADOME

1 Crockerton Road, Elizabeth Tel: 8287 8800

ECH WELLNESS GREENACRES

1/19-21 Fosters Road Tel: 1300 275 324

ECH WELLNESS HENLEY BEACH

168a Cudmore Terrace Tel: 1300 275 324

ECH WELLNESS MORPHETT VALE

126 Pimpala Road, Morphett Vale Tel: 1300 275 324

EPSA HEALTH AND REH. CENTRE - BELAIR

13 Laffers Road Tel: 8120 3123

EPSA HEALTH AND REH. CENTRE - MORPHETT VALE

5/230 Main South Road Tel: 8186 2424

GOODLIFE HEALTH CLUBS - BURNSIDE

539 Greenhill Road Tel: 8364 2933

GOODLIFE HEALTH CLUBS - DERNANCOURT

Lower North East Road Tel: 8124 8910

GOODLIFE HEALTH CLUBS - GLENELG

520 Anzac Highway, Glenelg East Tel: 8295 8488

GOODLIFE HEALTH CLUBS - HOLDEN HILL

9/560 North East Road Tel: 8266 2200

GOODLIFE HEALTH CLUBS - MITCHAM

11 Princes Road, Kingswood Tel: 8272 2266

GOODLIFE HEALTH CLUBS - ROYAL PARK

1202 Old Port Road Tel: 8241 0444

HELPING HAND - GOLDEN GROVE

209 The Golden Way Tel: 1300 444 663

HELPING HAND - LIGHTSVIEW

1 East Parkway Tel: 1300 444 663

HELPING HAND - NORTH ADELAIDE

54 Buxton Street Tel: 1300 444 663

HELPING HAND - PARAFIELD GARDENS

437 Salisbury Highway Tel: 1300 444 663

LHI RETIREMENT SERVICES HOPE VALLEY

1217 Grand Junction Road Tel: 8265 8024

LIFE CARE ACTIVE - PAYNEHAM

230 Payneham Road Tel: 8168 7600

MY LOCAL PHYSIO PLUS - GOLDEN GROVE

1495-1497 Goolden Grove Road Tel: 7325 6600

NORTHCARE PHYSIO

192 Park Terrace, Salisbury Plain Tel: 8250 7557

PRO HEALTH CARE GROUP

380 Grange Road, Kidman Park Tel: 8356 2299

SA AQUATIC AND LEISURE CENTRE

443 Morphett Road, Oaklands Park Tel: 8198 0137

WESTCARE HEALTH AND FITNESS

3/13 College Street, Port Adelaide Tel: 0434 367 278

YMCA HOLDFAST BAY COMM. CENTRE

51 King George Avenue, Hove Tel: 8298 7422

YMCA MARION LEISURE AND FITNESS CENTRE

Cnr Oaklands Road, Morphettville Tel: 8294 6488

TIER 2

ADELAIDE AQUATIC CENTRE

Jeffcott Road, North Adelaide Tel: 8203 7665

ADELAIDE HILLS REC. CENTRE

2 Howard Lane, Mount Barker Tel: 8391 0222

ALDINGA REC. CENTRE

2 McRae Street, Aldinga Beach Tel: 8488 2000

ANFE COMM. CARE NAZARETH

176 Crittendon Road Tel: 8234 5550

ANFE COMM. - FINDON COMM. CENTRE

222 Findon Road Tel: 8234 5550

ANFE COMM. CARE - FULHAM COMM. CENTRE

19 Fitch Road Tel: 8234 5550

AGLE VALE GARDENS

4 Fradd Road Tel: 0405 843 790

ANYTIME FITNESS BLACKWOOD

365 Shepherds Hill Road Tel: 8278 2709

BENEFITNESS AND HEALTH CENTRE

341 Hancock Road, Fairview Park Tel: 8251 3011

BLACKWOOD COMM. REC. CENTRE

1 Northcote Road, Eden Hills Tel: 8278 8833

BURNFIT STUDIO

18, 296-306 Nelson Rd, Para Vista Tel: 0423 591 658

CITY OF BURNSIDE - DULWICH COMM. CENTRE

14 Union Street Tel: 8366 4166

CITY OF PLAYFORD - VIRGINIA INSTITUTE

Old Port Wakefield Road Tel: 8256 0549

CITY OF PROSPECT - NAILSWORTH COMM. HALL

31 D'Erlanger Avenue Tel: 8342 8042

CITY OF SALISBURY - JACK YOUNG CENTRE (inhouse)

1 Orange Avenue Tel: 8406 8251

CITY OF TEA TREE GULLY - TURRAMURRA REC. CENTRE

1000 Lower North East Road, Highbury Tel: 8397 7433

CLARENCE PARK COMM. CENTRE

72-74 East Avenue, Black Forest Tel: 8293 8166

COORDINATING ITALIAN COMMITTEE (CIC)

84 Payneham Road, Evandale Tel: 8362 0233

ENFIELD COMM. CENTRE

540 Regency Road Tel: 8405 6556

FIT4EVERYDAY - HALLETT COVE

Crn Madison Court and Quailo Avenue Tel: 0400 950 580

FITNESS LIFE STUDIOS

Shop 2, 232 Mt Barker Road, Aldgate Tel: 8339 1455

FLEX FITNESS STUDIOS

239 Milne Road, Modbury North Tel: 8263 6099

FUNLIFE FITNESS CENTRE

11 Roopena Street, Ingle Farm Tel: 8264 3918

HIGHERCOMBE FACILITY (ACH)

7-11 Sirius Avenue, Hope Valley Tel: 0449 005 690

INEA YMCA KENSINGTON

344 The Parade, Kensington Park Tel: 0428 911 449

INEA YMCA WALKERVILLE

39 Smith Street, Walkerville Tel: 8344 3811

LEFEVRE COMM. CENTRE

541 Victoria Road, Osborne Tel: 8405 6908

LIFE CARE ACTIVE ALDINGA

Pridham Boulevard Tel: 8168 7600

LIFE CARE - OLD REYNELLA

258 Old South Road Tel: 8168 7600

MILPARA FACILITY (ACH)

147 St Bernards Road, Rostrevor Tel: 8366 8000

MT BARKER CHURCH OF CHRIST

54 Wellington Road Tel: 8391 2747

MT BARKER DISTRICT - HAHNDORF - SFL

Hahndorf Institute, Main Street Tel: 8391 2747

NOARLUNGA LEISURE CENTRE

David Whitton Drive Tel: 8384 1144

PARAFIELD GARDENS REC. CENTRE

Cnr Kings and Martins Roads Tel: 8286 8800