

Strength for Life is a progressive resistance training program for over 50's conducted in over 90 facilities across SA. COTA SA is often asked about Strength for Life classes for those who are still working but are over 50. Below is a list of facilities that offer these sessions.

### **TIER 1 SITES**

<b>ECH Wellness Henley Beach</b> 168a Cudmore Terrace HENLEY BEACH Ph: 1300 275 324	Mon - Fri	8am
<b>ECH Wellness Greenacres</b> 1/19-21 Fosters Road GREENACRES Ph: 1300 275 324	Mon - Fri Thurs	8am 7am
<b>ECH Wellness Morphett Vale</b> 126 Pimpala Road MORPHETT VALE Ph: 1300 275 324	Mon - Fri	8am
<b>ECH Wellness Victor Harbor</b> 33 Cornhill Road VICTOR HARBOR Ph: 1300 275 324	Mon & Thurs	8am
<b>Goodlife Burnside</b> 539 Greenhill Road BURNSIDE Ph: 08 8364 2933	Wed Fri	7:45am 7am
<b>Goodlife Royal Park</b> 1202 Old Port Road ROYAL PARK Ph: 08 8241 0444	Thurs	8am
<b>LHI Retirement Services</b> 1215 Grand Junction Road HOPE VALLEY Ph: 08 8265 8009	Tue	6pm
<b>Golden Grove SFL</b> U3A Building 22 Golden Grove Road Modbury Ph: 0409 675 303	Thurs	6pm & 7pm
<b>Northcare Physio</b> 192 Park Terrace SALISBURY PLAIN Ph: 08 8250 7557	Thurs	5:30pm

## **TIER 2**

<b>Adelaide Aquatic Centre</b> Jeffcott Road NORTH ADELAIDE Ph: 08 8203 7665	Sat Mon	9am, 10:15am 7am
<b>Adelaide Hills Recreation Centre</b> 2 Howard Lane MOUNT BARKER Ph: 08 8391 0222	Tue	8am
<b>Blackwood Recreation Centre</b> 1 Northcote Road EDEN HILLS Ph: 08 8278 8833	Mon, Wed & Fri Tue Sat	8am 5pm & 6pm 10am
<b>Burnfit Studio</b> 296-306 Nelson Road PARA VISTA Ph: 0423 591 658	Thurs	5:45pm
<b>City of Burnside</b> 14 Union Street BURNSIDE Ph: 08 8366 4166	Wed	5:30pm
<b>City of Tea Tree Gully</b> Turramurra Recreation Centre 1000 Lower North East Road HIGHBURY Ph: 08 8397 7433	Mon - Thurs Mon - Fri Sat	6pm, 7pm 8:30am 8:30am, 9:30 am 10:30 am 11:30 am, 12:30 pm
<b>Core Value Fitness</b> 14 East Terrace LOXTON Ph: 08 8584 6757	Tue & Fri	7am
<b>YMCA Fleurieu Aquatic Centre</b> Cnr Ocean & Waterport Roads HAYBOROUGH Ph: 08 7078 4150	Mon, Tue, Wed & Fri	8:30am
<b>INEA YMCA</b> 39 Smith Street WALKERVILLE Ph: 08 8344 3811	Mon, Wed, Fri & Sat	8:30am
<b>INEA YMCA Kensington</b> 344 The Parade NORWOOD Ph: 0428 911 449	Tue & Thurs	6:15pm
<b>LeFevre Community Centre</b> 541 Victoria Road OSBORNE Ph: 08 8405 6908	Wed Fri	6:30pm 6pm

<b>Milpara ACH</b> 147 St Bernards Road ROSTREVOR Ph: 08 8366 8000	Mon	5pm & 6pm
<b>Unley Community Centre</b> 18 Arthur Street UNLEY Ph: 08 8372 5128	Mon, Tue, Thurs & Fri	8:30am
<b>VFit Holistic</b> 108 Prospect Road PROSPECT Ph: 0417 887 674	Sat	10:30am