

SEAFORD REC. CENTRE

620 Grand Boulevard, Seaford Rise Tel: 8488 2000

SHERLOCK ELEMENTARY FITNESS - ADELAIDE

First Floor, 7 Carrington Street Tel: 0418 191 991

THE HUB REC. CENTRE

100 Taylors Road, Aberfoyle Park Tel: 8488 2000

THE LIGHTS COMM. AND SPORTS CENTRE

244-270 East Parkway Tel: 8405 6670

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 MARION LEISURE AND FITNESS CENTRE

Cnr Oaklands Road & Rosedale Avenue 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

Country Listings - TIER 2**ALAN COULTER REC. CENTRE**

Fifteenth Street, Renmark Tel: 8586 6072

COMMUNITY CONNECT

Cnr Goolwa Terrace and Loveday Street 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, Port Pirie Tel: 8638 1100

ISLAND FITNESS AND MASSAGE - KINGSCOTE

Island Motel, 4 Telegraph Road Tel: 0428 898 363

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

3 Oval Drive Tel: 0414 470 529

SFL BALAKLAVA

Cnr Short Terrace & Harris Street Tel: 0488 224 854

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

40 Hanson Street, Freeling Tel: 0447 699 725

THE FITNESS HUB - KINGSTON

51 James Street Tel: 0499 885 400

THE FITNESS HUB - ROBE

1A Flint Street Tel: 0499 885 400

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

59 Lawrie Street Tel: 8541 3477

YMCA FLEURIEU AQUATIC CENTRE - HAYBOROUGH

50 Ocean Road, Hayborough Tel: 7078 4150

YMCA PORT LINCOLN LEISURE CENTRE

2 Jubilee Drive Tel: 8683 4949

YMCA THE VALLEYS LIFESTYLE CENTRE

180 Main North Road, Clare Tel: 8842 3999

YMCA WHYALLA LEISURE CENTRE

5 Racecourse Road Tel: 8645 5488



STRENGTH FOR LIFE



Metropolitan and Country Listings

Updated March 2021

COTA SA

Level 1/85 Hutt Street

Adelaide SA 5000

P: 08 8232 0422

Country Callers 1800 182 324

sfl@cotasa.org.au

www.cotasa.org.au



Metropolitan Listings - TIER 1

BLUEFIT - AQUADOME

1 Crockerton Road, Elizabeth Tel: 8287 8800

BLUEFIT JOHN MCVEITY CENTRE

182 Peachey Road, Smithfield Plains Tel: 8480 0100

CITY OF TEA TREE GULLY - GOLDEN GROVE REC. CENTRE

The Golden Way Tel: 8397 7429

ECH COLLEGE GROVE

18 North East Road, Walkerville 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

EFM SAHMRI

North Terrace, Adelaide Tel: 0433 419 661

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: 8333 6700

GOODLIFE HEALTH CLUBS - DERNANCOURT

820-822 Lower North East Road Tel: 8368 7200

GOODLIFE HEALTH CLUBS - GLENELG

520 Anzac Highway, Glenelg East Tel: 8295 8488

GOODLIFE HEALTH CLUBS - MITCHAM

11 Princes Road, Kingswood Tel: 8490 3100

GOODLIFE HEALTH CLUBS - ROYAL PARK

1202 Old Port Road Tel: 8241 0444

HELPING HAND - NORTH ADELAIDE

49 Buxton Street Tel: 1300 444 663

HELPING HAND - PARAFIELD GARDENS

437 Salisbury Highway Tel: 1300 444 663

LHI RETIREMENT SERVICES HOPE VALLEY

1215-1217 Grand Junction Road Tel: 8265 8024

MOVE BETTER EP

3-4 Keele Place, Kidman Park Tel: 0421 655 860

MOVE WORK PLAY

2/17 Hackney Road, Hackney Tel: 0403 625 626

NPEP GAWLER

485 Main North Road, Evanston Tel: 0408 242 026

NPEP MARLESTON

Plus Fitness, 150 Richmond Road Tel: 0408 242 026

PRO HEALTH CARE HOPE VALLEY

1290 Grand Junction Road Tel: 8396 4000

PRO HEALTH CARE KIDMAN PARK

380 Grange Road Tel: 8356 2299

PRO HEALTH CARE MITCHAM

105 Belair Road, Torrens Park Tel: 8271 2222

PROSPECT EXERCISE PHYSIOLOGY

4 Nucera Court, Greenfields Tel: 6118 3988

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 & Rosedale Avenue Tel: 8294 6488

Metropolitan Listings - TIER 2

ACH - HIGHERCOMBE FACILITY

5-11 Sirius Avenue, Hope Valley Tel: 0449 005 690

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

ANGLE VALE GARDENS

4 Fradd Road Tel: 0405 843 790

ANYTIME FITNESS BLACKWOOD

365 Shepherds Hill Road Tel: 8278 2709

BLACKWOOD COMM. REC. CENTRE

1 Northcote Road, Eden Hills Tel: 8278 8833

BURNFIT STUDIO

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

CITY OF BURNSIDE - DULWICH COMM. CENTRE

14 Union Street, Burnside Tel: 8366 4166

CITY OF ONKAPARINGA - NOARLUNGA AQUATIC CENTRE

32 David Whitton Drive Tel: 8384 1144

CITY OF PLAYFORD - VIRGINIA INSTITUTE

19 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

ENFIELD COMM. CENTRE

540 Regency Road Tel: 8405 6556

FIT 4 EVERYDAY - HALLETT COVE

Crn Madison Court and Quailo Avenue Tel: 0400 950 580

FLEX FITNESS STUDIOS

239 Milne Road, Modbury North Tel: 8263 6099

FUNLIFE FITNESS CENTRE

11 Roopena Street, Ingle Farm Tel: 8264 3918

INEA YMCA KENSINGTON (evenings only)

344 The Parade, Kensington Park Tel: 8431 1117

INEA YMCA - HEALTHWORKS MARDEN

63 Lower Portrush Road Tel: 0428 911 449

INFLUENCE FITNESS AND DEFENCE

174 Smart Road, St Agnes Tel: 0414 397 213

LEFEVRE COMM. CENTRE

541 Victoria Road, Osborne Tel: 8405 6908

MT BARKER CHURCH OF CHRIST

3 Dumas Street Tel: 8391 2747

MT BARKER COMM. CENTRE - HAHNDORF INSTITUTE

59 Mount Barker Road Tel: 8391 2747

PARAFIELD GARDENS REC. CENTRE

Cnr Kings and Martins Roads Tel: 8286 8800

PEAK 24 FITNESS AND PT

149-151 Marion Road, Richmond Tel: 0412 501 480

POSITIVE LIFESTYLE

374 Payneham Road, Payneham Tel: 0414 213 960