

**SEAFORD REC. CENTRE**

620 Grand Bvd, Seaford Rise

**Tel: 8488 2000****THE HUB REC. CENTRE**

100 Taylors Rd, Aberfoyle Park

**Tel: 8488 2000****THE LIGHTS COMM. AND SPORTS CENTRE**

244-270 East Parkway

**Tel: 8405 6670****UNLEY COMM. CENTRE**

18 Arthur St

**Tel: 8372 5128****VFIT HOLISTIC**

108 Prospect Rd, Prospect

**Tel: 0417 887 674****VIVA FITNESS**

3 Keele Pl, Kidman Park

**Tel: 8353 5533****WAKEFIELD HOUSE**

65 Acre Ave, Morphett Vale

**Tel: 8384 6158****YMCA MARION LEISURE AND FITNESS CENTRE**

Cnr Oaklands Rd &amp; Rosedale Ave

**Tel: 8294 6488****YMCA ST. CLAIR REC. CENTRE**

109 Woodville Rd, Woodville

**Tel: 7078 4184****YMCA THE PARKS REC. AND SPORTS CENTRE**

46 Cowan St, Angle Park

**Tel: 8406 2900****YUKI HEALTH AND HAPPINESS**

390 Goodwood Rd, Cumberland Pk

**Tel: 0424 724 914****YUKI HEALTH AND HAPPINESS**

177 Pimpala Rd, 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 Rd

**Tel: 1300 275 324****Country Listings - TIER 2****ALAN COULTER REC. CENTRE**

Fifteenth St, Renmark

**Tel: 8586 6072****CORE VALUE FITNESS**

14 East Tce, Loxton

**Tel: 8584 6757****COUNTRY HEALTH SA - ORROROO COMM. GYM**

17 Second St

**Tel: 8638 1100****COUNTRY HEALTH SA - YORKE & NORTHERN REGION**

50 Gertrude St, Port Pirie

**Tel: 8638 1100****THE FITNESS HUBS LUCINDALE****Tel: 0499 885 400****MOCULTA FITNESS**

Moculta Hall, 2 Truro Rd

**Tel: 8563 9147****MORGAN FITNESS AND WELLBEING INC.**

Morgan Comm. Gym, Third St

**Tel: 0427 425 358****SFL BALAKLAVA**

Cnr Short Terrace &amp; Harris St

**Tel: 0488 224 854****THE F.A.R.M CENTRE - BELGRAVIA LEISURE**

40 Hanson St, Freeling

**Tel: 0447 699 725****THE FITNESS HUB - KINGSTON**

51 James St

**Tel: 0499 885 400****THE FITNESS HUB - ROBE**

1A Flint St

**Tel: 0499 885 400****THE REX BAROSSA AQUATIC FITNESS**

Magnolia Rd, Tanunda

**Tel: 8563 2766****VITALITY HEALTH CLUB - BERRI**

Cnr Kay Ave &amp; Fiedler St

**Tel: 8582 3434****WAIKERIE COMM. SPORTS CENTRE**

59 Lawrie St

**Tel: 8541 3477****YMCA FLEURIEU AQUATIC CENTRE**

50 Ocean Rd, Hayborough

**Tel: 7078 4150****YMCA GOOLWA**

5 Laurie Lane

**Tel: 7078 4150****YMCA PORT LINCOLN LEISURE CENTRE**

2 Jubilee Drive

**Tel: 8683 4949****YMCA THE VALLEYS LIFESTYLE CENTRE**

180 Main North Rd, Clare

**Tel: 8842 3999****YMCA WHYALLA LEISURE CENTRE**

5 Racecourse Rd

**Tel: 8645 5488****YORKE AND NORTHERN LHN - WALLAROO**

1 Ernest Tce

**Tel: 8638 1100****COTA SA**

Level 1/85 Hutt St Adelaide SA

**P: 08 8232 0422 Free call: 1800 182 324****E: sfl@cotasa.org.au www.cotasa.org.au****Strength  
for Life****Metropolitan and  
Country  
SFL Providers**

SA Health



Updated July 2021

## Metropolitan Listings - TIER 1

### BLUEFIT - AQUADOME

1 Crockerton Rd, Elizabeth Tel: 8287 8800

### BLUEFIT JOHN MCVEITY CENTRE

182 Peachey Rd, Smithfield Plains Tel: 8480 0100

### ECH COLLEGE GROVE WALKERVILLE

18 North East Rd Tel: 1300 275 324

### ECH WELLNESS HENLEY BEACH

168a Cudmore Tce Tel: 1300 275 324

### ECH WELLNESS MORPHETT VALE

126 Pimpala Rd, Morphett Vale Tel: 1300 275 324

### EFM SAHMRI

North Terrace, Adelaide Tel: 0433 419 661

### EPSA HEALTH & REH. CENTRE - BELAIR

13 Laffers Rd Tel: 8120 3123

### EPSA HEALTH & REH. CENTRE - MORPHETT VALE

5/230 Main South Rd Tel: 8186 2424

### GOODLIFE HEALTH CLUBS - BURNSIDE

539 Greenhill Rd Tel: 8333 6700

### GOODLIFE HEALTH CLUBS - GLENELG

520 Anzac Highway, Glenelg East Tel: 8295 8488

### GOODLIFE HEALTH CLUBS - ROYAL PARK

1202 Old Port Rd Tel: 8241 0444

### HELPING HAND - NORTH ADELAIDE

49 Buxton St Tel: 1300 444 663

### HELPING HAND - PARAFIELD GARDENS

437 Salisbury Highway Tel: 1300 444 663

### LHI RETIREMENT SERVICES HOPE VALLEY

1215-1217 Grand Junction Rd Tel: 8265 8024

### MOVE BETTER EP

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

### MOVE WORK PLAY

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

### PREMIUM FITNESS 24/7 BLACKWOOD

210 Main Rd Tel: 0434 278 629

### PRO HEALTH CARE HOPE VALLEY

1290 Grand Junction Rd Tel: 8396 4000

### PRO HEALTH CARE KIDMAN PARK

380 Grange Rd Tel: 8356 2299

### PRO HEALTH CARE MITCHAM

105 Belair Rd, Torrens Park Tel: 8271 2222

### PROSPECT EXERCISE PHYSIOLOGY

4 Nucera Crt, Greenfields Tel: 6118 3988

### SA AQUATIC AND LEISURE CENTRE

443 Morphett Rd, Oaklands Park Tel: 8198 0137

### WESTCARE HEALTH AND FITNESS

3/13 College St, Port Adelaide Tel: 7078 9929

### YMCA HOLDFAST BAY COMM. CENTRE

51 King George Ave, Hove Tel: 8298 7422

### YMCA MARION LEISURE AND FITNESS CENTRE

Cnr Oaklands Rd & Rosedale Ave Tel: 8294 6488

## Metropolitan Listings - TIER 2

### ADELAIDE AQUATIC CENTRE

Jeffcott Rd, North Adelaide Tel: 8203 7665

### ADELAIDE HILLS REC. CENTRE

2 Howard Ln, Mount Barker Tel: 8391 0222

### ALDINGA REC. CENTRE

2 McRae St, Aldinga Beach Tel: 8488 2000

### ANGLE VALE GARDENS

4 Fradd Rd Tel: 0405 843 790

### ANYTIME FITNESS BLACKWOOD

365 Shepherds Hill Rd Tel: 8278 2709

### BLACKWOOD COMM. REC. CENTRE

1 Northcote Rd, Eden Hills Tel: 8278 8833

### BURNFIT STUDIO

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

### CITY OF BURNSIDE - DULWICH COMM. CENTRE

14 Union St, Burnside Tel: 8366 4166

### CITY OF ONKAPARINGA - NOARLUNGA

AQUATIC CENTRE  
32 David Whitton Dr Tel: 8384 1144

### CITY OF PLAYFORD - VIRGINIA INSTITUTE

19 Old Port Wakefield Rd Tel: 8256 0549

### CITY OF PROSPECT - NAILSWORTH COMM. HALL

31 D'Erlanger Ave Tel: 8342 8042

### CITY OF SALISBURY - JACK YOUNG CENTRE

1 Orange Ave Tel: 8406 8251

### CITY OF TTG - GOLDEN GROVE REC. CENTRE

The Golden Way Tel: 8397 7429

### CITY OF TTG - TURRAMURRA REC. CENTRE

1000 Lower Nth East Rd, Highbury Tel: 8397 7433

### CLARENCE PARK COMM. CENTRE

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

### EASTWOOD COMM. CENTRE

95 Glen Osmond Rd Tel: 8373 2225

### ENFIELD COMM. CENTRE

540 Regency Rd Tel: 8405 6556

### FIT 4 EVERYDAY - HALLETT COVE

Cnr Madison Crt & Quailo Ave Tel: 0400 950 580

### FLEX FITNESS STUDIOS

239 Milne Road, Modbury North Tel: 8263 6099

### FUNLIFE FITNESS CENTRE

11 Roopena St, Ingle Farm Tel: 8264 3918

### GOODLIFE HEALTH CLUBS - DERNANCOURT

820-822 Lower North East Rd Tel: 8368 7200

### GOODLIFE HEALTH CLUBS - MITCHAM

11 Princes Rd, Kingswood Tel: 8490 3100

### GOODWOOD COMM. CENTRE

31-34 Rosa St Tel: 8272 7148

### INEA YMCA KENSINGTON (evenings only)

344 The Parade, Kensington Park Tel: 8431 1117

### INEA YMCA - HEALTHWORKS MARDEN

63 Lower Portrush Rd Tel: 0428 911 449

### INFLUENCE FITNESS AND DEFENCE

174 Smart Rd, St Agne Tel: 0414 397 213

### LEFEVRE COMM. CENTRE

541 Victoria Rd, Osborne Tel: 8405 6908

### MT BARKER COMM. CENTRE

3 Dumas St Tel: 8391 2747

### MT BARKER COMM. CENTRE - HAHNDORF

INSTITUTE  
59 Mount Barker Rd Tel: 8391 2747

### PARAFIELD GARDENS REC. CENTRE

Cnr Kings & Martins Rds Tel: 8286 8800

### PEAK 24 FITNESS AND PT

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

### POSITIVE LIFESTYLE

374 Payneham Rd, Payneham Tel: 0414 213 960

### PREMIUM FITNESS 24/7 BLACKWOOD

210 Main Road Tel: 0434 278 629