OSBORNE
Lefevre Comm. Centre 541 Victoria Rd **8405 6908**

PARA HILLS WEST
Anytime Fitness 450 Bridge Rd **0416 528 745**

PORT ADELAIDE
co-able Fitness 60 Marryatt St **0484 909 449**

RICHMOND
Peak 24 Fitness and PT
149-151 Marion Rd **0412 501 480**

SALISBURY
City of Salisbury - Jack Young Centre
2 Orange Ave **8406 8251**

SEAFORD RISE
Recreation Centre 620 Grand Blvd **8488 2000**

THEBARTON
Gameready Performance
26 Stirling St **0434 721 600**

TORRENSVILLE
Thebarton Aquatic Centre 1 Meyer St **8200 2531**

TUSMORE
City of Burnside Civic Centre
401 Greenhill Rd **8366 4200**

UNLEY
Community Centre 18 Arthur St **8372 5128**

WEST BEACH
The Studio at West Beach
Barratt Reserve, West Beach Rd **0403 156 896**

WOODVILLE
YMCA St. Clair Rec. Centre
109 Woodville Rd **7078 4184**

Stay Strong CALD Groups

DAVOREN PARK - BURUNDIAN
NACYS Community Centre Compound - T2 Building
Oldford St **0411 655 330**

Aqua

ANGLE PARK
YMCA The Parks Rec 46 Cowan St **8406 2900**

ELIZABETH
Bluefit - Aquadome 1 Crockerton Rd **8287 8800**

GOLDEN GROVE
State Swim 151 The Golden Way **8289 5522**

Easy Moves

CHRISTIES BEACH
Massage for Inner Health
1/46 Beach Rd **0417 832 158**

ELIZABETH
Resthaven Northern Community Services
16 Gillingham Rd **8259 5600**

ENFIELD
Meisha Howley c/o Enfield Community Centre
540 Regency Rd **0416 309 067**

PARADISE
Resthaven - Paradise 61 Silkes Rd **8154 8400**

PARK HOLME
Sue Fiedler c/o Park Holme Community Centre
638 Marion Rd **0439 954 241**

WALKERVILLE
The W: Walkerville Recreation Centre
39 Smith St **0407 657 845**

Better Balance

CAMDEN PARK
Community Centre 7 Carlisle St **8376 0022**

KIDMAN PARK
Viva Fitness 3 Keele Pl **8353 5533**

WALKERVILLE
The W: Walkerville Recreation Centre
39 Smith St **0407 657 845**

Interstate Providers

Easy Moves

MORTLAKE (VIC)
Mortlake Senior Citizens Centre
Webster St **03 5558 7000**

TERANG (VIC)
Josie Black Community Health Centre
66-68 High St **03 5558 7000**

DARWIN (NT)
Super Ageing 62 Smith St **0438 890 089**

Strength for Life

Metropolitan SFL Providers

COTA SA
Kaurna Country,
Level 1/85 Hutt Street, ADELAIDE
P: 08 8232 0422 Free call: 1800 182 324
E: sfl@cotasa.org.au www.cotasa.org.au

COTA SOUTH AUSTRALIA

Updated September 18 2026

Stay Strong - Tier 1

ALBERT PARK
Inertia Health Group 982-986 Port Rd **8359 2022**

ALDINGA BEACH
EM Therapy & Support 5 McRae St **0424 729 425**

ANGLE PARK
YMCA The Parks Rec. 46 Cowan St **8406 2900**

BEULAH PARK
Resilient Health Group 226 Magill Rd **8123 8666**

EDWARDSTOWN
EM Therapy & Support 375 Cross Rd **0424 729 425**

FIRLE
ECH Firle 213 Glynburn Rd **1300 275 324**

HENLEY BEACH
ECH Wellness 168a Cudmore Tce **1300 275 324**

HOPE VALLEY
Leading Therapies 1215 Grand Jct Rd **8172 2500**

HOVE
Holdfast SFL 51 King George Ave **8294 6488**

INGLE FARM
Funlife Fitness Centre 11 Roopena St **8264 3918**

KIDMAN PARK
Darren Reid Physiotherapy c/o Viva Fitness
3 Keele Pl **0444 522 444**

LIGHTSVIEW
Levande Lightsview Community
26 East Pkwy **0497 096 280**

MODBURY
Encore Apartments 85 Smart Rd **1300 275 324**

MORPHETT VALE
ECH Wellness 126 Pimpala Rd **1300 275 324**

MORPHETTVILLE
YMCA Marion Leisure
Cnr Oaklands Rd & Rosedale Ave **8294 6488**

PARA HILLS
Pro Active Health
1/513-519 Bridge Rd **0411 024 544**

ROYAL PARK
Pro Active Health 1202 Old Port Rd **0411 024 544**

SALISBURY
City of Salisbury - Jack Young Centre
2 Orange Ave **8406 8251**

ST PETERS
Leading Therapies 175 Payneham Rd **8172 2500**

STIRLING
Pro Exercise Stirling 104 Mt Barker Rd **8339 2677**

TORRENS PARK
Pro Exercise Mitcham 105 Belair Road **8271 2222**

WOODVILLE
YMCA St. Clair Rec. Centre
109 Woodville Rd **7078 4184**

Stay Strong - Tier 2

ABERFOYLE PARK
EM Therapy & Support
The Hub Recreation Centre, The Mall **0424 729 425**

ADELAIDE
Adelaide University Fitness Hub
Lady Symon Building, Victoria Dr **8313 6999**

ALBERT PARK
Inertia Health Group 982-986 Port Rd **8359 2022**

ANGLE PARK
YMCA The Parks Rec. 46 Cowan St **8406 2900**

BEULAH PARK
Resilient Health Group 226 Magill Rd **8123 8666**

BLACK FOREST
Clarence Park Centre 72-74 East Ave **8293 8166**

BOWDEN
EFM Health Clubs 3 Second St **0438 187 373**

CHRISTIES BEACH
Bodysmith Fitness 43 Gulfview Rd **0401 118 962**
Massage for Inner Health
1/46 Beach Road **0417 832 158**

COLLINSWOOD
City of Prospect - Nailsworth Community Hall
31 D'Erlanger Ave **8342 8091**

COROMANDEL VALLEY
Community Centre 442B Main Rd **8370 6880**

CUMBERLAND PARK
Yuki Health 390 Goodwood Rd **0424 724 914**

EASTWOOD
Community Centre 95 Glen Osmond Rd **8373 2225**

EDEN HILLS
Blackwood Community Rec. Centre
1 Northcote Rd **8278 8833**

ELIZABETH
Bluefit Aquadome 1 Crockerton Rd **8287 8800**

ENFIELD
Community Centre 540 Regency Rd **8405 6556**

GOLDEN GROVE
Recreation Centre The Golden Way **8397 7429**

GOODWOOD
Community Centre 32-34 Rosa St **8372 5143**

HAHNDORF
Mt Barker Comm. Centre - Hahndorf Institute
59 Mt Barker Rd **8391 2747**

HAZELWOOD PARK
Angie Lewis c/o Goodlife Health Club
539 Greenhill Rd **0419 854 235**

HIGHBURY
Turramurra Rec. Centre
1000 Lower Nth East Rd **8397 7433**

HOVE
Holdfast SFL 51 King George Ave **8294 6488**

KENSINGTON PARK
Kensington Community Leisure Centre - YMCA SA
344 The Parade **0402 883 227**

KIDMAN PARK
Viva Fitness 3 Keele Pl **8353 5533**

LIGHTSVIEW
The Lights Community and Sports Centre
244-270 East Parkway **8405 6670**

MAGILL
Barbara Erichsdotter c/o EFM Magill
557 Magill Rd **0419 348 222**

MARDEN
Healthworks 63 Lower Portrush Rd **0401 898 335**

MORPHETT VALE
Oasis 24/7 Gym 105 Main South Rd **8186 3428**

MORPHETTVILLE
YMCA Marion Leisure
Cnr Oaklands Rd & Rosedale Ave **8294 6488**

MOUNT BARKER
Adelaide Hills Rec. Centre 2 Howard Lne **8391 0222**
Community Centre 3 Dumas St **8391 2747**

NOARLUNGA CENTRE
Fitness Impact Training c/o Noarlunga Rec. Centre
13 Seaman Rd **0417 023 511**

Strength for Life

Country SFL Providers

COTA SA
Kaurna Country,
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E: sfl@cotasa.org.au www.cotasa.org.au

COTA SOUTH AUSTRALIA

Updated September 24 2026

Country Listings - Tier 1

GOOLWA
Pro Active Health 11 Dowdodd Cres **0477 334 188**

MT GAMBIER
Boandik Lodge Inc. 101 Lake Tce East **8724 1251**

PETERBOROUGH
Country Health SA 23 Hurlstone St **8638 1100**

VICTOR HARBOR
ECH Wellness 2, 1-7 Torrens St **1300 275 324**
Pro Active Health 8-10 Philip Avenue **0477 334 188**

Country Listings - Tier 2

CLARE
YMCA The Valleys 180 Main North Rd **8842 3999**

HAYBOROUGH
BlueFit - Fleurieu Aquatic Centre
50 Ocean Rd **7078 4150**

KINGSTON SE
Grit Performance 4 East Tce **0459 713 145**

LOXTON
Core Value Fitness 15 East Tce **8584 6757**

NURIOOTPA
The Village Gym 16 River Rd **0499 049 778**

ORRORO
Country Health SA 17 Second St **8638 1100**

PETERBOROUGH
Country Health SA 23 Hurlstone St **8638 1100**

PORT LINCOLN
YMCA Leisure Centre 2 Jubilee Dr **8683 4949**

RENMARK
Alan Coulter Centre Fifteenth St **8586 6072**

TANUNDA
The Rex Barossa Aquatic Fitness
75 Magnolia Rd **8563 2766**

WAIKERIE
Comm. Sports Centre 59 Lawrie Tce **8451 3477**

WHYALLA
YMCA Leisure Centre 5 Racecourse Rd **8645 5488**

Aqua

HAYBOROUGH
BlueFit - Fleurieu Aquatic Centre
50 Ocean Rd **7078 4150**

ORRORO
District Council of Orroroo Carrieton
1 West Tce **8658 1260**

Easy Moves

ANGASTON
The Barossa Osteo
49b Murray St **0419 154 984**

RENMARK
River Allied Health 8 Ral Ral Ave **8586 5126**

STRATHALBYN
Movement with Mel
1 Alfred Place **0423 513 435**