



Lift for Life® Accredited Providers

Australian Capital Territory		
Suburb	Provider	Contact
CANBERRA CITY	Canberra Olympic Pool Corner Constitution Ave & Allara Street CANBERRA CITY, ACT 2601	(02) 6248 6799
CONDER	Phytline Unit 3, 17 Sidney Nolan Street CONDER, ACT 2906	(02) 6223 2366
PHILLIP	Southern Cross Health Club 11 Irving Street PHILLIP, ACT 2606	(02) 6283 7340
WANIASSA	Forever Young Fitness Solutions 1 Barr Place WANIASSA, ACT 2903	0412 222 827
New South Wales		
Suburb	Provider	Contact
CALLAGHAN	Newcastle University Sport (NUsport) University Drive CALLAGHAN, NSW 2308	(02) 4921 7001
COFFS HARBOUR	Elite Power Sports Training & Personal Development 1/32 Bray Street COFFS HARBOUR, NSW 2450	0408 563 816
CROWS NEST	Performance Care Suite 301, Level 3, 11-15 Falcon Street CROWS NEST, NSW 2065	(02) 9438 1486
DUNDAS	Tibor Balogh 38 Carson Street DUNDAS, NSW 2117	0419 213 461
PARRAMATTA	Pro Fit Lifestyle Suite 20, 103 George Street PARRAMATTA, NSW 2150	1300 052 125

Northern Territory		
Suburb	Provider	Contact
ALICE SPRINGS	GET Physical 13 Gap Rd Alice Springs NT 0870	08 8952 3233
NIGHTCLIFF	Jon Presswell Personal Training Po Box 493 NIGHTCLIFF, NT 0814	0401 143 359
PARAP	Entity Personal Training Po Box 597 PARAP, NT 0804	0438 984 077
Queensland		
Suburb	Provider	Contact
BALD HILLS	Green Apple Wellness Centre 21 Bald Hills Road BALD HILLS, QLD 4036	(07) 3261 1249
BEENLEIGH	Dynamic Lifestyle Solutions Shop 12B, Post Office plaza, Main Street BEENLEIGH, QLD 4207	0421 6 00 134
BEENLEIGH	Kerry Boshammer PO Box 1355 BEENLEIGH, QLD 4207	0419 611 305
CANNONVALE	Fitness Venue Whitsundays 173 Shute Harbour Road CANNONVALE, QLD 4802	(07) 4946 7703
CLEVELAND	Cleveland Fitness Education Centre 76 Queen Street CLEVELAND, QLD 4613	(07) 3821 2176



HELENSVALE	Healthy Inspriations Helensvale Helensvale Plaza Shopping Centre, Shop 33 Sir John Overall Drive HELENSVALE, QLD 4212	(07) 5580 6600
JINDALEE	Genesis Fitness Club Jindalee 225 Sinnamon Road JINDALEE, QLD 4074	0451 121 552
NEW FARM	Bart Verschuuren PO BOX 451 NEW FARM, QLD 4005	(07) 2170 6646
NEWSTEAD	Courage International Personal Trainers Studio Rise, Byres Street NEWSTEAD, QLD 4006	0412 784 552
SPRINGFIELD	Physfitt 86 Woodcrest Way SPRINGFIELD, QLD 4300	0421 288 266
WHITFIELD	Your Fitness 20 Hudson Street WHITFIELD, QLD 4870	0427 628 935

South Australia		
Suburb	Provider	Contact
ADELAIDE	EFM City Wakefield Street 241 Wakefield St ADELAIDE, SA 5000	0422 374 424
ADELAIDE	EFM King William Street Basement, 82 King Willian Street ADELAIDE, SA 5000	(08) 8212 0300
BOWDEN	EFM Bowden 29 Fourth Street BOWDEN, SA 5007	0421 857 480
CAMPBELLTOWN	EFM Campbelltown Campbelltown Leisure Centre, Botanic Grove CAMPBELLTOWN, SA 5074	0422 370 114
EASTWOOD	Fit for Success Greenhill Rd EASTWOOD, SA 5063	(08) 8357 9006
KLEMZIG	EFM Og Road 47 Og Road KLEMZIG, SA 5087	0416 153 877



LONSDALE	EFM Lonsdale Shop 2, 2 Aldershot Road LONSDALE, SA 5160	0423 051 035
MOUNT BARKER	EFM Mount Barker 68 Adelaide Road MOUNT BARKER, SA 5251	0419 810 410
NORTH ADELAIDE	EFM Nth Adelaide (WCH) Women's & Children's Hospital, Samuel Way Building, 72 King William Street NORTH ADELAIDE, SA 5006	(08) 8161 6536
NORWOOD	Inform Health & Fitness Solutions 9 Kensington Road NORWOOD, SA 5067	(08) 8431 2111
OVINGHAM	North Adelaide Fitness Centre 2a Hawker Street OVINGHAM, SA 5082	(08) 8344 7187
STONYFELL	EFM Stonyfell St Peters School, Stonyfell Road STONYFELL, SA 5068	0408 845 136
TORRENS PARK	EFM Torrens Park Scotch College, Carruth Road TORRENS PARK, SA 5062	0411 424 304
WEST LAKES	EFM West Lakes Canoe SA, Bower Road WEST LAKES, SA 5021	0412 003 884
WOODVILLE SOUTH	EFM Woodville (TQEH) The Queen Elizabeth Hospital, 28 Woodville Road WOODVILLE SOUTH, SA 5011	(08) 8222 8845

Tasmania		
Suburb	Provider	Contact
GAWLER	Carla Munday 10 Hilltop Avenue GAWLER, TAS 7315	0438 771 888
SHEFFIELD	Kentish Health Centre 14 Roalnd Crt SHEFFIELD, TAS 7306	0364 912 740
KINGSTON	Kingborough Sports Centre Kingston View Drive KINGSTON, TAS 7050	(03) 6211 8262



LAUNCESTON Lifestyle Fitness Personal Training
69 William Street 0438 311 426
LAUNCESTON, TAS 7250

Victoria		
Suburb	Provider	Contact
BENTLEIGH EAST	EFM Bentleigh East Southern Health Moorabbin, 823-865 Centre Road BENTLEIGH EAST, VIC 3165	0403 533 689
BERWICK	Fit! Gym 84 Bermersyde Drive BERWICK, VIC 3806	(03) 0702 1155
BRIGHTON	Harpers Personal Training 643-647 Nepean Highway BRIGHTON, VIC 3186	0411 966 793
BROADMEADOWS	Broadmeadows Leisure Centre Cnr. Pearcedale Pde & Dimboola Road BROADMEADOWS, VIC 3047	(03) 9205 2679
CAULFIELD	EFM Caulfield Caulfield General Medical Centre, 260 Kooyong Road CAULFIELD, VIC 3162	0423 055 299
CAULFIELD	Guardian Personal Training Studio 701 Glen Huntly Road CAULFIELD, VIC 3162	0412 731 505
COBURG	Bell St, Coburg VIC 3058	(03) 9354 3504
CRAIGIEBURN	Craigieburn Leisure Centre 127 Craigieburn Road CRAIGIEBURN, VIC 3064	(03) 9308 2022
CRAIGIEBURN	Patricia Petridis 59 Parkside Rise CRAIGIEBURN, VIC 3064	0422 126 127
DANDENONG	EFM Dandenong Dandenong Hospital, David Street DANDENONG, VIC 3175	(03) 9554 8466
ELTHAM	The Ridge Health Club 8/266 Bolton Street ELTHAM, VIC 3095	(03) 9431 1223
FRANKSTON	EFM Frankston 161 McMahons Road FRANKSTON, VIC 3199	0412 858 509



GEE LONG	Karen Binks Geelong GEE LONG, VIC 3220	0437 667 121
HASTINGS	Beleura Sports & Spinal Centre 2/53 Victoria Street HASTINGS, VIC 3915	(03) 5979 3737
HAWTHORNE EAST	EFM Hawthorne East Bialik College, Gringlas Sport Centre, 21 Cato Street HAWTHORN EAST, VIC 3124	0415 366 847
HAWTHORN EAST	Fernwood Women's Health Club 12-16 Camberwell Road HAWTHORN EAST, VIC 3124	(03) 9882 0006
HEATHERTON	Perfect Set Personal Training 24 Arco Lane HEATHERTON, VIC 3202	0410 343 224
MELBOURNE	RACV Club Ground Level, 501 Bourke Street MELBOURNE, VIC 3000	(03) 9944 8860
MENTONE	M Health Physiotherapy & Pilates 6/39-41 Florence Street MENTONE, VIC 3194	(03) 9583 5300
MILDURA	Allan's Personal Training Studio 2/18 Washington Drive MILDURA, VIC 3500	(03) 5021 5352
MORNINGTON	Beleura Sports & Spinal Centre 945 Nepean Highway MORNINGTON, VIC 3931	(03) 5976 2212
MOUNT WAVERLEY	Back to Base Health & Fitness 67 Muir Street MOUNT WAVERLEY, VIC 3149	0422 583 664
NEWCOMB	Claire Guiney 12 Carinya Ave NEWCOMB, VIC 3219	0438 032 971
NEWTOWN	Fitness Driven 429 Pakington Street NEWTOWN, VIC 3220	0414 326 511



RICHMOND	EFM Richmond Epworth Hospital, 89 Bridge Road RICHMOND, VIC 3121	0408 529 800
RICHMOND	Fit for You Pty Ltd. 11 Kennedy Street RICHMOND, VIC 3121	0402 420 904
RICHMOND	FITAS Personal Training Suite 3/8 Bronham Place RICHMOND, VIC 3121	0409 863 355
RICHMOND	Richmond Recreation Centre Gleadell St., Richmond, 3121	
SUNBURY	John Leatch 4 McCosker Street SUNBURY, VIC 3429	0438 177 253
SUNBURY	Sunbury Aquatic and Leisure Centre 20 Ligar Street SUNBURY, VIC 3429	(03) 9740 9766
Western Australia		
Suburb	Provider	Contact
DERBY	Shire of Derby/West Kimberley PO BOX 94 DERBY, WA 6728	(08) 9191 0971
FITZROY CROSSING	Garnduwa Amboorny Wirran Inc. 101 Flynn Drive FITZROY CROSSING, WA 6765	0400 130 346