



Live longer, live stronger

Frequently asked questions

1. Where can I get more information on Strength for Life?

Email: strengthforlife@cotaact.org.au
Phone: Call Diane Percy 6282 3777

Read through the [Strength for Life page](#) on the COTA ACT website.

2. What times/days are the SFL classes at Hughes Community Centre?

Mondays and Fridays at 1.15pm (1 hour)
Instructor: Diane & Donna
Mondays at 2.30pm (one hour)
Instructor: Diane
Thursdays at 1.30pm & 3pm (one hour)
with Diane

3. How do I book an assessment at Hughes?

Contact Diane via above email or phone COTA ACT office number above (please note that Diane works on Mondays and Thursdays all day and Fridays 1-5pm)

4. How much does it cost?

- \$60 for a one-hour Strength for Life Assessment and individualised program design (\$50 for pensioners)
- \$10 per class for COTA ACT &/or Seniors Card members
- \$12 per class for non-members

5. Do I need a GP referral to do the class?

If you answer YES to any of the questions in the pre-exercise medical questionnaire (available for download on the COTA ACT website), you are requested to get clearance from your GP

6. Do I have to sign up for a particular class?

Yes, we save a spot for you as there is a limit of 15 people per class. If you can't attend, please let us know, and if you want to attend another class please contact Diane and if there is space in the class it is possible to attend the class.

7. How do I pay for the class?

Either by cash to the instructor, or at reception with cash or card.

8. Can I pay for more than one class?

Yes, at reception you can pay for up to 10 classes. Once paid, see the instructor and he/she will give you a card where the classes can be ticked off every time you attend a class. Just show them your receipt as proof of purchase.

9. What are the locations and contact details for other SFL providers?