

STOP
PRESS



'You'll get looked after at
Ford Youth and Community Gym'

Kettlebell Class

With Miranda Ritchie

Starts Friday 27th January for 10
weeks subject to demand until
the 31st March

£2 a session 9.30am to 10.30am

*Book your place now with Miranda by
visiting the Gym or ring*

Miranda on 07817 201748



Medical Issues, need to exercise?

Are you too embarrassed to join a Gym and exercise?

Why not speak to one of our Personal Trainers and book a
private 1 to 1 session to get you started.

Please note: Gym membership is subject to satisfactory completion of the
Gym medical questionnaire (PAR – Q)

www.fordgym.org.uk

Contact Information

Ford / Activ8 Gym
Unit 8 Wolseley Business Park
Wolseley Close
Plymouth PL2 3BY
01752 556677

info@fordgym.org.uk