

**STOP
PRESS**



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

Ford / Activ8 Gym working With Plymouth Community Homes

- Are you Unemployed or a Single Parent or simply a PCH resident?
- Sign up now for 12 weeks free membership download the registration from our website www.fordgym.org.uk or simply visit the Gym

Plymouth Community Homes are sponsoring up to 50 free Gym memberships at Ford Gym.

Be quick sign up now!

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.

Check out our website: www.fordgym.org.uk

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

Contact Information

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