



***Want to get fit but cannot afford Gym fees, we've got you covered!***

**Plymouth Community Homes and Ford Gym working together to get you fit!**

**Overview of Project**

- Plymouth Community Homes are sponsoring free Gym membership for anyone who is either Unemployed or a Single Parent or simply a PCH resident who wants to get fit and meet new people.
- Up to **12 weeks FREE** Gym membership worth £45

**Register now: (Please Print)**

Name: ..... Age: .....

Address: .....

..... Post Code.....

Contact Tel: ..... Email: .....

**Please tick any of the following that apply to you:**

Unemployed:       Single parent:       PCH resident:

Not in Employment or Educational Training (16 to 25yrs):

Signature ..... Date .....

**Visit the club at:**

Unit 8 Wolseley Business Park  
Wolseley Close  
Plymouth  
PL2 3BY

**or Email us at: [info@fordgym.org.uk](mailto:info@fordgym.org.uk)**

**Please note:**

Gym membership will be subject to the usual conditions including satisfactory completion of the membership / medical questionnaire.

Download now from our website: [www.Fordgym.org.uk](http://www.Fordgym.org.uk) by simply following the download and links tab on the left.