

**STOP
PRESS**



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

**Ford /Activ8 Gym
We are pleased to announce
our new project for 2018
starting in March.**

**Thanks to sponsorship from
The Big Lottery, Wolseley Trust,
Plymouth Community Homes
and Plymouth City Council.**

What does this mean to you?

- *100 Free adult memberships worth up to £80 for up to 16 weeks if you are **Unemployed, Single Parent, NEET, over 60** (not in full time employment) or a **PCH resident**.*
- *Youths aged **11 to 17 years** who want to get fit free sessions at the Gym.*

Medical Issues, need to exercise?

Are you too embarrassed to join a Gym and exercise?

Why not speak to Dan Toner 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

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

info@fordgym.org.uk