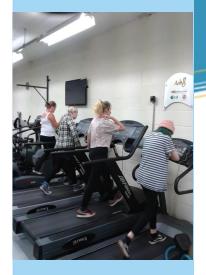
STOP PRESS











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

Ford /Activ8 Gym

Great news – Summer newsletter

Thanks to sponsorship from Plymouth Community Homes and now the Lottery we can extend free membership!

Are you eligible for free Gym membership?

- ▶ 60 Free adult memberships worth up to £80 for up to 16 weeks if you are Unemployed, Single Parent, a PCH resident, NEET (Not in Employment, Education or Training 16 to 25 yrs.), over 60 (not in full time employment) or may have health issues preventing you from working.
- ➤ Why not visit the Gym and meet Dan or Marie

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

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