

**STOP  
PRESS**



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

## **Autumn Newsletter**

**Two great offers sponsored by Plymouth Community Homes, Devon Community Foundation, PCC Community Grants Cllr Tina Tuohy and Wolseley Trust.**

- Free Youth sessions Monday and Wednesday 4 to 7pm + mornings 9 to 12 Monday to Friday during school holidays.
- 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](http://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!**

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### **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](http://www.fordgym.org.uk)**

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

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### **Contact Information**

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