



Looking to get fitter but cannot afford gym fees, let us get you started!

Ford Community Gym, working together with our sponsors, will support you to become more active, fitter and stronger!

Overview of Project – Starting in September 2020

- Plymouth Community Homes are sponsoring free gym membership for anyone with a **PL postcode**, who is either **Unemployed**, a **Single Parent**, **NEET** (16 to 25 not in employment or training), **over 60** (not in full time work), **PCH resident** or **has health issues preventing them from working**, who wants to get fit and meet new people.
- Up to **8 weeks FREE** gym membership, worth up to **£40**.

Register now: (please print)

Name: Age:

Post Code:

Please tick any of the following that apply to you:

Over 60: Unemployed: Single parent: PCH resident

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

Signature: Date:

Visit the gym at:

Ford Community Gym
Unit 8, Wolseley Business Park
Plymouth, PL2 3BY

or email us at: info@fordgym.org.uk

Please note:

Gym membership will be subject to the usual conditions, including satisfactory completion of the membership/medical questionnaire (PAR-Q form), before you can take advantage of this offer.

Download the form from our website: www.fordgym.org.uk or better still, visit the gym and meet Brydie or Pete

For gym use only: Checked by: Date: