

**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

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

info@fordgym.org.uk