



Want to get fit but cannot afford Gym fees, we've got you covered!

Ford / Activ8 Gym working together with our sponsors to get you fit!

Overview of Project – ‘Get up and go’ Starting in March

- The Big Lottery, Plymouth Community Homes, Wolseley Trust and PCC are sponsoring free Gym membership for anyone who is either Unemployed, a Single Parent, over 60 (not in full time work) or a PCH resident who wants to get fit and meet new people.
- Up to **16 weeks FREE** Gym membership worth up to **£80**

Register now: (Please Print)

Name: Age:

Address:

..... Post Code.....

Contact Tel: Email:

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):

Signature Date

Visit the club at:

Unit 8 Wolseley Business Park
Wolseley Close
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).

Download now from our website: www.Fordgym.org.uk.

Our 2018 project 'Get up and go'

Project Questionnaire:

As you are taking part in this year's project we would be grateful if you would take a few minutes to answer a few questions or simply tell us what you hope to achieve. **Please answer question 1 now**, questions 2 and 3 nearer the end of the project. We will keep your form on file, when you are ready to complete the questionnaire simply ask a member of staff for your registration form.

Name:

1. What do you want to achieve by joining the Gym? (Please circle all that apply to you)

- Get fit Meet other people Improve my life style Learn about healthy living
- Other (if other please tell us below)

2. Would you like our sponsors to continue to support free Gym memberships at Ford Gym?

- Yes No Please tell us why in the box below

3. Do you feel that you achieved your aims? Yes No (Please explain your answer below)

Please note:

Your response to this questionnaire will only be shared with our Sponsors for the Project no personal information will be shared elsewhere.

On behalf of our Sponsors and Ford Gym thank you for your feedback.