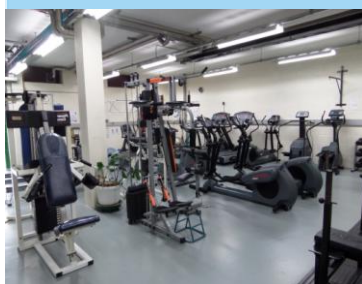
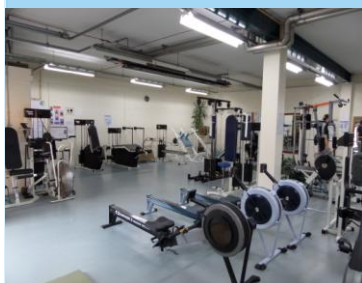


**STOP  
PRESS**



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

**Ford /Activ8 Gym  
We are pleased to announce  
our new project for 2019  
starting now April**

**Thanks to sponsorship from  
Plymouth Community Homes**

**Are you eligible for free Gym membership?**

- **50** Free adult memberships worth up to **£40** for up to **8 weeks** if you are **Unemployed, Single Parent, NEET (Not in Employment, Education or Training 16 to 25 yrs.), over 60** (not in full time employment) or a **PCH resident** or may health issues preventing you from working.
- Why not visit the Gym and meet Dan or Marie

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**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](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**

Ford / Activ8 Gym  
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Wolseley Close  
Plymouth PL2 3BY  
01752 556677

**[info@fordgym.org.uk](mailto:info@fordgym.org.uk)**