



**NO
JOINING
FEE**

Be like Hussna and Rowshonara

Joining a Your Trust gym doesn't need to be a chore. Workouts can become a healthy and rewarding way of coping with life's stresses and challenges, made more fun by building enduring friendships that help to encourage you and keep you motivated.

Join us

To become part of the Your Trust family, please speak to a member of the team.

“Exercising helps with both our physical and mental health”

Supporting you to live your best life

Joining us with membership helps to support your local community. As a charity, we reinvest in the borough to help people live active, creative, happy and healthy lives.

yourtrust



IN PARTNERSHIP WITH
ROCHDALE
BOROUGH COUNCIL