



**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.

**“Working out together helps us to motivate each other. We’ve both noticed a difference in our fitness levels”**

## 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