



**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.

**“We like coming  
to the centre; it's  
a happy place  
with nice staff  
and it improves  
our social life”**

## **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