

# FREE GUEST FRIDAY!

invite a guest for **FREE**  
to enjoy the  
Fitness Facilities with you.

## 18th January

gym | classes | squash | swimming | tone zone | spa | vibration plates  
Mount Batten, Plymouth, PL9 9TU **01752 407999** [www.fortstamford.co.uk](http://www.fortstamford.co.uk)