

## A warm & friendly health club, where everybody is welcome!



State-of-the-art Gym, Heated Swimming Pool, Jacuzzi, Sauna, Steam Room, Fitness Classes, Tone Zone, Squash, Racketball, Table Tennis

> Mount Batten, Plymouth, PL9 9TU 01752 407999 | info@fortstamford.co.uk fortstamford.co.uk