

WHAT WE OFFER

All Ability Gym
Full Range Of Accessible Gym Equipments
Specialist Exercise Classes
Online Exercise Sessions
Accessible Sauna
Accessible Changing Rooms



Specialist Exercise Referral Instructors
Personal Training Service
Functional Electrical stimulation (FES)

GET FIT AND FEEL BETTER
JOIN NOW!

OPENING TIMES

Mondays 9:30am - 5:00pm
Tuesdays 9:30am - 6:00pm
Wednesdays 9:30am - 5:00pm
Thursdays 10:00am - 5:00pm
Fridays 9:30am - 5:00pm

Opening hours subject to change

CONTACT US:



0208 980 7778



reception@abilitybow.org



www.abilitybow.org

Ability Bow
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St Paul's Church
St Stephens
Bow, London E3 5JL

Ability Bow is a registered charity no:11155595
Registered company no: 5800086



COMMUNITY GYM
AND
EXERCISE REFERRAL SERVICE

WHAT WE DO

Ability Bow works with people of all abilities to bring about positive change through exercise. Our Mission is to maximize health and well-being in the local communities of the East London and beyond.

HOW IT WORKS

EXERCISE REFERRAL SERVICE

Designed for people with health conditions and or disabilities.

Download our referral form from our website. Ask your GP to complete it and return your referral to reception.

For the Exercise Referral Service you get: A consultation with a specialist exercise instructor. We can then offer you 3 options:

- Inducted on how to use the gym equipment and given a personalised exercise program.
- Join one of our specialist exercise classes.
- 1-2-1 exercise sessions through our personal training programs.

Our services are fully inclusive to cater for those with or without a disability or long term health condition. Please contact Reception for more details.

PRICE LIST -

Gym Induction	£8
PAY AS YOU GO	
Gym	£5.50
Exercise Classes	£5.50
Online Exercise Classes	£4
Sauna	£4.50
ONE MONTH PASS	
Unlimited Gym Access, Exercise Classes & Sauna*	£32.50
DIRECT DEBIT	
Unlimited Gym Access, Exercise Classes & Sauna*	£27.50 a month

EXERCISE REFERRAL*

Consultation & Gym Induction	£8
1-2-1 Personal Training	£8 per session
Online 1-2-1 Personal Training	£8 per session
Exercise Programme	£8
Reassessments/consultation	£4

PERSONAL TRAINING

STANDARD RATE	
Consultation	£70
1-2-1 Personal Training	£70 (10% discount for block bookings)
Online 1-2-1 Personal Training	£45
Exercise Program	£70

* Subject to Terms & Conditions
Charitable rates will require proof of benefits

ALL INCLUSIVE MEMBERSHIP

CHARITABLE RATE*
DIRECT DEBIT £50 a month

- Free Consultation
- Unlimited Gym Access
- Unlimited Exercise Classes (On & Offline)
- 1-2-1 Personal Training (On & Offline) - One 1hr exercise session per week
- Sauna Access

FUNCTIONAL ELECTRICAL STIMULATION (FES)

STANDARD RATE

Consultation	£70
1-2-1 Therapy Session	£70 (10% discount for block bookings)
Independent Session	£35

CHARITABLE RATE

Consultation	£30
1-2-1 Therapy Session	£30
Independent Session	£20

FES PADS

Small	£11.50
Medium	£12.50
Large	£10.50

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