## 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

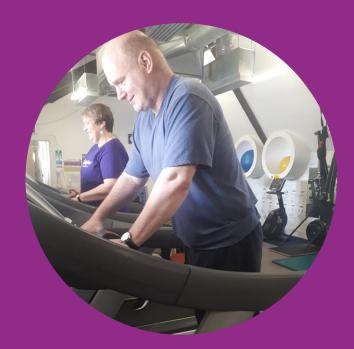


www.abilitybow.org

Ability Bow 3rd floor 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 -

**Gvm Induction** f8

PAY AS YOU GO

Gym £5.50 **Exercise Classes** £5.50 **Online Exercise Classes** £4 Sauna £4.50

ONE MONTH PASS f32.50 Unlimited Gym Access, Exercise Classes & Sauna\*

DIRECT DEBIT £27.50 a month Unlimited Gym Access, Exercise Classes & Sauna\*

## **EXERCISE REFERRAL\***

Consultation & Gvm 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 £10.50 Large

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