

NeuroAbility

NeuroAbility is an exercise class for people with neurological conditions which aims to keep those with conditions like Parkinson's and MS more mobile whilst maintaining and building on current levels of health and fitness.

Just ask your GP to refer you to Ability Bow gym and you'll be placed on our waiting list.



Ability Bow

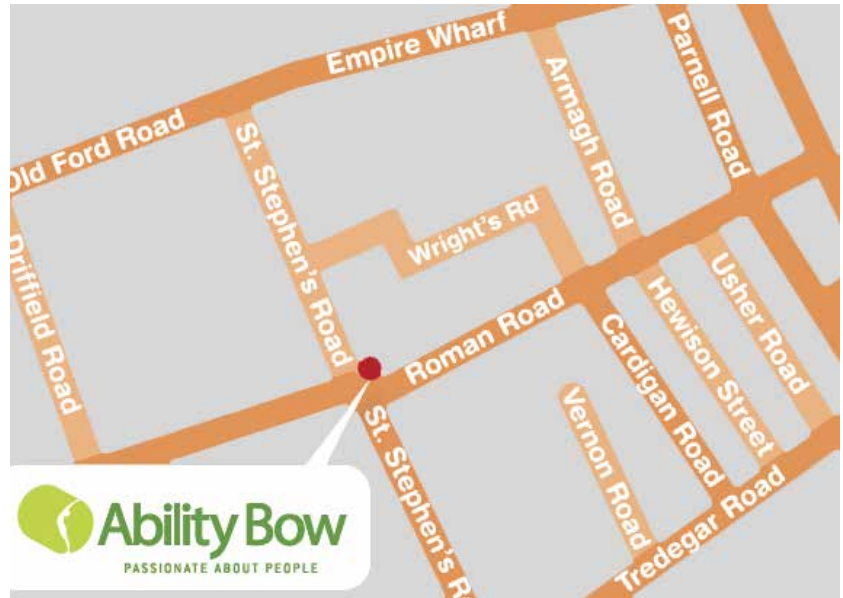
passionate about people

We welcome neurological patients of all abilities from Tower Hamlets and Hackney who are happy and able to exercise in a small group scenario.

The class will help improve strength, fitness and mobility.

The class takes place at Ability Bow gym every Tuesday 12pm -1pm.

£4.50 per session.



We are 2 minutes walk from the number 8 and 339 bus stop.



For more information:

Tel 020 8980 7778

Email reception@abilitybow.org

www.abilitybow.org