

We have got a fully equipped gym and a sauna.

The gym is equipped with top of the range machines, which are all fully accessible for people with disabilities.

We specialise in creating exercise programmes for people who haven't exercised in a long time or who are in rehab after an illness or injury, but we do welcome everyone whatever their ability.

Just pop in, have a look around and discuss your fitness aims with one of our expert instructors.

We're easy to find; 1 minute walk from Roman Rd market. Metered parking just outside with disabled parking adjacent.

Even if you've never used a gym before, there's no better place to start than Ability Bow Gym.

- All Ability Gym
- Sauna
- Personal Exercise Programmes
- Therapy Rooms
- Full range of Gym Equipment
- Affordable
- Fully Accessible
- Approachable and Experienced Instructors
- Relaxed Atmosphere
- Personal Training
- Showers and Lockers

### The Gym opening times are:

**Monday**  
9.30am - 5pm

**Tuesday**  
9.30am - 6pm

**Wednesday**  
9.30am - 5pm

**Thursday**  
9.30am - 5pm

**Friday**  
9.30am - 5pm

The sauna is available on request.

Ability Bow  
3rd floor St. Paul's Church  
St. Stephen's Road  
Bow, London E3 5JL

[www.abilitybow.org](http://www.abilitybow.org)

tel: 020 8980 7778

fax: 020 8980 0344

email: [reception@abilitybow.co.uk](mailto:reception@abilitybow.co.uk)

Ability Bow is a registered charity no. 1115595

Registered company no. 5800086



Ability Bow works with people of all abilities to bring about positive change and maximise health and well-being in the communities of East London

### **If you want to join the gym:**

Collect a Gym Application Form from us and make an appointment to come in for an induction.  
(See opposite for costs)

*As a member you get:*

- A personally designed exercise programme which we update as you get fitter and progress towards your goals
- Ongoing support from Instructors
- To feel fitter and healthier!

### **If you want to start on our Specialist Exercise Service:**

For people with health conditions. Collect a referral form from us and give it to your GP to sign.

*On the scheme you get:*

- A number of gym sessions with an Instructor (see concessionary fees for cost)
- One-to-one help to build your fitness by taking part in safe and effective exercise
- Advice on health and nutrition or keeping fit
- And you get to feel good



### **Our prices are:**

#### ***Concessionary Member***

- £8.00 joining fee + £4.50 per session
- Or monthly payment £30
- Or monthly standing order £25

#### ***Full member***

- £8.00 joining fee + £5.50 per session
- Or monthly payment £40
- Or monthly standing order £35

#### ***Personal Training (non-subsidised)***

- £75 for consultation and £70 thereafter.  
Discounts on block bookings

#### **Motivating and encouraging.**

In one-to-one sessions, you and your trainer work through a progressive programme to achieve your goals.

**Get Fitter – Feel Better**  
**tel: 020 8980 7778**  
**[www.abilitybow.org](http://www.abilitybow.org)**