

# ONLINE EXERCISE

---

## Free 4 week live online exercise sessions

- Workout from the privacy of your home
- 50 minute exercise session a week

Contact Ability Bow for eligibility  
Telephone: 0208 980 7778  
Email: [reception@abilitybow.org](mailto:reception@abilitybow.org)  
Website:  
[www.abilitybow.org/activities](http://www.abilitybow.org/activities)