



Reach Ability

A weekly Exercise Class for people with **Multiple Sclerosis** to improve strength, fitness and mobility. Here at **Ability Bow Gym**.





Suitable for **MS Patients** of all abilities

Based in **Ability Bow Gym** (please see map below)

Every Tuesday at **12-1pm** from **July 19th 2011**

Contact us to sign up for your **induction and assessment**
(free of charge)

The cost is **£2.50 per class** and the participant will
automatically become a lifelong member of Ability Bow Gym



For more information on how to join call us on **0208 980 7778**
or email rita.kingdon@abilitybow.co.uk

www.abilitybow.co.uk