



Reach Ability

A weekly Exercise Class for people with all disabilities to improve strength, fitness and mobility. Here at Queensbridge Sports & Community Centre.





Suitable for people with all disabilities

Based in **Queensbridge Sports and Community Centre**
(please see map below)

Every Friday at **11am-12pm** from **July 22nd 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