



# Discover Your Ability

**Specialists offering *bespoke* classes**

**Clients with short-term or chronic *disabilities*.**

**Building *self-confidence* with physical function.**

***All ages & All abilities***

**Physical Disabilities:**

Cerebral Palsy  
HSMN  
Parkinson's Disease  
Post-stroke  
Head Injury  
Neurological Conditions  
Hypermobility  
Arthritis  
Amputees



*Discover Your Ability*

**Learning Disability**

**Deaf**

**Partially sighted**

**Obesity**

**Diabetes**

**Lack of confidence with  
exercise for any reason!!**

***Active Norfolk 'Services to Disability Sport' Winners  
2017 & 2018***

**Contact us today and Discover *Your Ability***

**Able2B, Norwich Clinic, Unit 9, Gilchrist Close, Bessemer Road, Norwich NR4 6AT**



**www.Able2B.co.uk  
Email: info@Able2B.co.uk**



## **Adapted Fitness Classes For All Abilities**

Strength and aerobic fitness play an essential role in optimising physical function in any person of any age. This can be difficult to achieve for a person with a disability, medical issue or someone just lacking confidence, as exercise is something they haven't really done before.

There is often a lack of classes with the ability to adapt & integrate to all abilities. Some sporting activities are difficult to do alongside an able-bodied peer group. A lack of confidence with physical exercise and feeling unable to achieve in physical sport is also commonly seen.

Our adapted fitness classes, using boxercise and adapted HIIT circuits are a unique way to push your own boundaries, whatever your level of ability whilst integrating into a group class.

Set up by Rachael Hutchinson, Consultant Orthopaedic Surgeon and Jon Thaxton, Retired Professional Boxer and Personal Trainer, the classes combine medical knowledge & support alongside a very experienced trainer to adapt to any level of ability, including wheelchair users and learning disabilities.

### **The Aim**

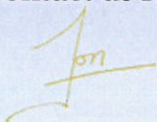
To improve day to day ability by improving, physical strength, endurance and aerobic fitness, alongside co-ordination, control, concentration and self-confidence.

We have open classes running regularly for children & adults with a range of disabilities. We also have the ability to set up bespoke classes and sessions for any interested groups or individuals at their request.

Whether you wish to improve your day to day function, improve your fitness, improve your co-ordination and confidence, meet new people with similar issues or just come along and have fun! – contact us for more information – we would love to hear from you.

**Do it today!!!**

*Discover Your Ability*

A handwritten signature in gold ink that reads "Rachael".A handwritten signature in gold ink that reads "Jon".