



**IMPAIRED PHYSICAL,
SENSORY, LEARNING
OR MENTAL HEALTH
FUNCTION?**

Gym Instructors who understand and can help you achieve your personal fitness goals

DISABILITY & EXERCISE

at the
PARK CLUB



Hello,
my name is Monica,
I am a qualified fitness instructor who also happens to be physically disabled (I am affected by the neurological disease ALD/AMN). I specialized in **Exercise and Disability** as I am aware of some of the challenges people face when they think about going to a gym. I am here to help you, whether you need someone to support you in the gym or just a friendly face to help you feel relaxed.

Why come to the gym?

- Improve fitness and physical function
- Be inspired to meet a challenge
- Benefit from natural pain relief
- Maintain a healthy weight
- Have fun and meet others
- Enhance balance, co-ordination and stamina
- Reduce stress and enjoy the 'Feel Good Factor'
- Tone muscles and look good!
- Better sleep

You can find me at THE PARK CLUB

Milton Park | 17 Park Dr, Abingdon OX14 4RS

Drop in on Tuesday before our class at 10:30 am or email me to book an appointment:

mcapferri@parkclub.co.uk

Find an instructor at www.aspire.org.uk/find-an-instructor.aspx or email venues@aspire.org.uk



Engaging more disabled people in the fitness industry as gym instructors and gym users