



PRESENTS:

FITNESS AT THE TRACK

Who: Open to individuals of all ages who are blind or visually impaired. Individuals under 18 will need to be accompanied by an adult.

Where: Boise High School Track & Field
1010 W. Washington St.
Boise, ID 83702

Details: Fitness at the Track will include instructor led aerobic and stretching exercises.

When: Sunday, October 11, 2020

Time: 1:00 pm - 2:30 pm

NWABA will be encouraging independent travel to/from this event. Staff will meet athletes and volunteers at the above address at 12:45 pm.

Registration is due by Monday, October 5, 2020.

To register, please call or email Megan Ahleman

360-768-5649

mahleman@nwaba.org

<https://nwaba.org/events/>