



PRESENTS:

FULL BODY WORKOUT VIRTUAL PROGRAMMING

Who: Open to individuals of all ages who are blind or visually impaired.

What: This Full Body Workout will focus on hitting all major muscle groups, building whole body strength and endurance.

Where: Virtual via Zoom

When: Saturdays in January 2021
January 9, 16, 23, 30

Time: 11:00 am to 12:00 pm Pacific Time

Registration is due 2 days in advance of the virtual program.

To register, please call or email

The programs team

360-448-7254 Extension 2

ProgramsTeam@nwaba.org

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