



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:** Friday, February 12, 2021

**Time:** 6:00 pm - 7:30 pm

*NWABA will be encouraging independent travel to/from this event. Staff will meet athletes and volunteers at the above address at 5:45 pm.*

**Registration is due by Monday, February 8, 2021.**

**To register, please call or email Megan Ahleman**

**360-768-5649**

**[mahleman@nwaba.org](mailto:mahleman@nwaba.org)**

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