



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:** Tuesdays in February & March 2021  
February 2, 9, 16, 23  
March 2, 9, 16, 23, 30

**Time:** 12:00 pm to 1:00 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](mailto:ProgramsTeam@nwaba.org)**

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