



PRESENTS:

# VIRTUAL CORE & GLUTES WORKOUT

- Who:** Open to individuals of all ages who are blind or visually impaired.
- What:** This Core & Glutes Workout will be a circuit of 5 exercises focusing on the core muscle group followed by a circuit of 5 exercises focusing on the glutes. The workout will begin with a dynamic warm up and end with cool down stretches.
- Where:** Virtual via Zoom
- When:** Wednesdays in April & May 2021  
April 7, 14, 21, 28  
May 5, 12, 19, 26
- 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)**

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