

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

Northwest Association for Blind Athletes' mission is to provide life-changing opportunities through sports and physical activity to individuals who are blind and visually impaired.