



PRESENTS:
VIRTUAL
FULL BODY WORKOUT

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 April & May 2021
April 6, 13, 20, 27
May 4, 11, 18, 25

Time: 12:00 pm to 1:00 pm Pacific Standard 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/>