



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:** Every other Wednesday in June & July 2021  
June 9, 23  
July 7, 21

**Time:** 12:00 pm to 1:00 pm Pacific Standard Time

**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/>**