



PRESENTS:

# PILATES

## VIRTUAL PROGRAMMING

**Who:** Open to individuals of all ages who are blind or visually impaired. Individuals under 18 are encouraged to join the event with an adult.

**What:** This Pilates Workout will consist of low-impact flexibility and muscular strength and endurance movements. It will emphasize proper postural alignment, core strength and muscle balance.

**Where:** Virtual via Zoom

**When:** Every other Wednesday in June & July 2021  
June 2, 16, 30  
July 14, 28

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

**To register, please call or email**

**The programs team**

**360-448-7254**

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<https://nwaba.org/events/>