



PRESENTS:

FITNESS AT THE TRACK

Who: Open to individuals of all ages who are blind or visually impaired. Individuals under 18 will need to be accompanied by an adult.

Where: Boise High School Track & Field
1010 W. Washington St.
Boise, ID 83702

Details: Fitness at the Track will include instructor led aerobic and stretching exercises.

When: Saturday, July 10, 2021

Time: 10:00 am - 11:30 am

NWABA will be encouraging independent travel to/from this event. Staff will meet athletes and volunteers at the above address at 9:45 am. Rides available upon request from/to pick up location in West Boise and ICBVI.

Registration is due by Monday, July 5, 2021.

To register, please call or email Megan Ahleman

360-768-5649

mahleman@nwaba.org

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