



**PRESENTS:**

# **SPECIALTY WORKOUTS**

**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 workout will change weekly. Workouts can include yoga sessions, balance and control, Pilates, Zumba, full body workouts, Qigong, and more!

**Where:** Virtual via Zoom

**When:** Tuesdays in October & November 2021  
October 5, 12, 19 & 26  
November 2, 9, 16, 23 & 30

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

**To register, please call, text or email**

**The programs team**

**360-448-7254 extension 2**

**[ProgramsTeam@nwaba.org](mailto:ProgramsTeam@nwaba.org)**

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