



PRESENTS:
CIRCUIT 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, balance and control circuits, Pilates, core and glutes, full body workouts, Qigong, and more!

Where: Virtual via Zoom

When: Tuesdays in January 2022
January: 4, 11, 25

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

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