



PRESENTS:
ZUMBA

Who: Open to individuals of all ages who are blind or visually impaired.

What: This Zumba Workout will consist of learning three sequences of four exercise and dance-based moves. Join in for some fun with movement and music!

Where: Virtual via Zoom

When: Wednesdays in January 2022
January 5, 12, 19, & 26

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

To register, please call or email

The programs team

360-448-7254 Extension 2

ProgramsTeam@nwaba.org

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