



**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 and more!

**Where:** Virtual via Zoom

**When:** Tuesdays in September 2022  
September: 6, 13, 20 & 27

**Time:** 12:00 pm to 1:00 pm Pacific 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/virtualevents/>**