



PRESENTS:
CORE STABILITY

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 include a variety of different formats all with one goal in mind: to strengthen your core! Classes may consist of a Pilates-style flow, core workout, core and glutes circuits, and more!

Where: Virtual via Zoom

When: Mondays in November 2022
November: 7, 14, 21 & 28

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

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