



PRESENTS:
SEATED WORKOUT

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: Seated workouts will change format each week. We will rotate between seated core stability, seated circuit workouts, seated dance aerobics, seated cardio, and seated deep stretch sessions.

Where: Virtual via Zoom

When: Thursdays in November 2023
November: 2, 9, 16 & 30

Time: 9:00 am to 10:00 am Pacific Time

To register, please call, text or email

The programs team

360-448-7254 Extension 2

VirtualPrograms@nwaba.org

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