



PRESENTS:
DANCE AEROBICS

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 Dance Aerobics 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: Fridays in July 2024
July 5, 12, 19 & 26

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

To register, please call or email
The programs team
360-448-7254 Extension 2
VirtualPrograms@nwaba.org
<https://nwaba.org/virtualevents/>