



**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 strength, seated dance aerobics, seated cardio, and seated deep stretch sessions.

**Where:** Virtual via Zoom

**When:** Thursdays in July 2024  
July: 11, 18 & 25

**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](mailto:VirtualPrograms@nwaba.org)**

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