



**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 2024  
November: 4, 11, 18 & 25

**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**

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

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