

Wheelchair Dancers Organization Presents...



June 8, 15, 22 & 29, 2019

Classes Are Free - Donations Welcome



SATURDAYS
10:00 AM



All Ages



All Abilities



All Levels

Michele Jones, DIO Master Trainer
Karma LaDonna, DIO Certified Instructor

DIO Adaptive Fitness

Wheelchair Dancers Organization has partnered with Billy Blanks Jr & Michele Jones to offer a new Dance It Out (DIO) Adaptive Fitness® class. Our all-inclusive dance fitness class will get you moving! Come exercise and have fun while dancing to over 20 styles of dance from around the world. Whether you are a walker (able-bodied) or a roller (using a wheelchair) our DIO Adaptive Program offers dance fitness routines for all levels of mobility.



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