

Wheelchair Dancers Organization Presents...



Jan 4th thru April 11, 2020

Classes Are Free - Donations Welcome



**Saturdays
10:00 am - 10:45 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.



Dance For Two
7528 Clairemont Mesa Blvd
San Diego, CA 92111

dancinfoole@hotmail.com
(562) 631-9494
www.wheelchairdancers.org

