

Wheelchair Dancers Organization

12.2.2020

Virtual Dance events

Dance it out (DIO) Adaptive was created by Billy Blanks Jr and adapted by Michele Jones. DIO Adaptive is an inclusive dance fitness class that will get you moving. Come exercise and have fun while dancing to over 20 styles of dance from around the world. DIO Adaptive program offers dance fitness for all levels of mobility, all ages and all levels of experience.

Individuals and families ages 13 years and up can register for free with email address.

Book a spot in an upcoming class (donation will be requested but not required)

<https://app.bookabl.io/wdo>

- Power wheelchairs
- Manual Wheelchairs
- Walkers
- Physical disability
- Developmental disability
- Anyone can do this and everyone is welcome!!