Paralyzed Veterans of America is partnering with Wheelchair Dancers Organization to host a Virtual Family Inclusive Dance Class and DIO Adaptive Fitness Class!

VIRTUAL DANCE & ADAPTIVE FITNESS CLASSES

Family Inclusive Dance Class
Fridays at 4:30 pm PST/7:30 EST • November 6–December 18

- 11/6/20 • Hip Hop
  with Troy Wilson & Evan Petros
- 11/13/20 • Latin Jazz
  with Diana Follegati & Andrea Rivera
- 11/20/20 • Bollywood
  with Lekha Motiwala & Evan Petros
- 12/4/20 • Island Fusion
  with Ramon Ivey & Ania Flatu
- 12/11/20 • Contemporary
  with Alyssa Bambrick & Karma LaDonna
- 12/18/20 • Country Western Line Dance
  Jason Rivers & Karma LaDonna

VIRTUAL DANCE IT OUT ADAPTIVE FITNESS CLASS

November 7–December 12
Saturdays at 9:30 am PST/12:30 pm EST
(no class on Nov. 28)

All abilities, ages and levels welcome. Classes taught by Michele Jones, DIO Master Trainer and Karma LaDonna, Certified Instructor.

Sign up for classes at: WDOInclusiveDance.org or pva.org/virtualevents.