



**Paralyzed Veterans
of America**



**JOIN
US!**

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.