



VaDance Studio

1129 Thomas Jefferson Rd, Forest, VA 24551
 www.VaDance.com 434-665-9411 donnalbarringer@aol.com



Group Classes

DANCE CLASS TUITION:
 \$15 per class

Mondays

Advanced 7:30 \$60

Classes TBA

Tuesdays

Intermediate 7:30 \$60

Classes TBA

Thursdays

Beginner 7:30 \$60

Classes TBA

Dance Party

Friday 8/25

8:00 - 10:00 \$10

Private Lessons

By Appointment

Qigong Classes

w/ Sara & Andrew
 Wednesday 7:00

Yoga Classes

Fri & Sat 9:00
 Tues & Thu 1:30
 Mon & Wed 5:45

Donna (Dance)

434-665-9411

Robert (Dance)

540-765-7838

Marinda (Yoga)

434-258-6954

Debbie (Yoga)

540-586-7833

Sara (Qigong)

434-485-1033

BALLROOM CLASSES

Beginner - Thursday 7:30

August - 8/3 & 8/10 only

REGULAR CLASSES START IN SEPTEMBER!

Intermediate - Tuesday 7:30

August - Different dance weekly

Advanced - Monday 7:30

August - TBA

Tuition: \$15/class

Classes are 50 minutes - arrive 5 minutes early

PRIVATE LESSONS (By Appt.)

All levels, all styles, all occasions

New Students—4/\$280

Dance Instructor: Donna Barringer

QIGONG CLASSES

Instructors: Sara & Andrew

Wednesday 7:00

Packages Available

1st Qigong Class FREE

YOGA & MOVEMENT

Instructor: Marinda Hamilton

Monday & Wednesday 5:45

Tuesday & Thursday 1:30

Saturday 9:00

434-258-6954

mhwsunshine@gmail.com

Instructor: Debbie Ladd

Friday 9:00

540-580-7833

dwladd@hotmail.com

Tuition: \$12 / class

(\$80 for 8 class package)

Classes - all levels are welcomed

1st Yoga Class FREE

August 2017

YOGA CLASSES

Mon & Wed at 5:45 Tue & Thu at 1:30
 Fri & Sat at 9:00

SUN	MON	TUE	WED	THU	FRI	SAT
		1 1:30 Yoga 7:30 Intermediate Class	2 5:45 Yoga 7:00 Qigong	3 1:30 Yoga 7:30 Beginner Class	4 9:00 Yoga	5 9:00 Yoga
6	7 5:45 Yoga 7:30 Advanced Class	8 1:30 Yoga 7:30 Intermediate Class	9 5:45 Yoga 7:00 Qigong	10 1:30 Yoga 7:30 Beginner Class	11 9:00 Yoga	12 9:00 Yoga
13	14 5:45 Yoga 7:30 Advanced Class	15 1:30 Yoga 7:30 Intermediate Class	16 5:45 Yoga 7:00 Qigong	17 1:30 Yoga	18 9:00 Yoga	19 9:00 Yoga
20	21 5:45 Yoga 7:30 Advanced Class	22 1:30 Yoga 7:30 Intermediate Class	23 5:45 Yoga 7:00 Qigong	24 1:30 Yoga	25 9:00 Yoga DANCE PARTY 8:00 \$10	26 9:00 Yoga
27	28 5:45 Yoga 7:30 Advanced Class	29 1:30 Yoga 7:30 Intermediate Class	30 5:45 Yoga 7:00 Qigong	31 1:30 Yoga		

www.VaDance.com
 434-665-9411