



# 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  
 Classes TBA

### Tuesdays

Intermediate 7:30  
 Classes TBA

### Thursdays

Beginner 7:30  
 Classes TBA

### Dance Party

Friday 4/27  
 8:00 - 10:00 \$10

### Qigong Class

w/ Sara & Andrew  
 Wed 7:00

### Wellness Class

w/ Donna \$20  
 4/14  
 10:45 - 1:00

### Yoga Class

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)**  
 540-580-7833

**Sara (Qigong)**  
 434-485-1033

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## BALLROOM CLASSES

**Beginner - Thursday 7:30**  
 April - Salsa & Rumba May - Swing

**Intermediate - Tuesday 7:30**  
 April - TBA May - TBA

**Advanced - Monday 7:30**  
 April - TBA May - TBA

Tuition: \$15 per class

## PRIVATE LESSONS (By Appt.)

All levels, all styles, all occasions  
 New Students with Donna - 4/\$280  
 New Students with Marzena - 4/\$200

## QIGONG CLASSES

Instructors: Sara & Andrew  
 Wednesday 7:00 1st Class **FREE**

## YOGA CLASSES

**Instructor: Marinda Hamilton**

Monday & Wednesday 5:45  
 Tuesday & Thursday 1:30  
 Saturday 9:00  
 434-258-6954

[mhwsunshine@gmail.com](mailto:mhwsunshine@gmail.com)

**Instructor: Debbie Ladd**

Friday 9:00

540-580-7833

[dwladd@hotmail.com](mailto:dwladd@hotmail.com)

Tuition: \$12 / class  
 (\$80 for 8 class package)  
 Classes - all levels are welcomed

All Levels welcome!

1st Yoga Class **FREE**

# APRIL '18

Make 2018 your fitness year!  
 BODY MIND SPIRIT  
 Yoga Dance Qigong Wellness

SUN	MON	TUE	WED	THU	FRI	SAT
1	5:45 Yoga 7:30 Advanced Class	3 :30 Yoga 7:30 Intermediate Class	4 :45 Yoga 7:00 Qigong	5 1:30 Yoga 7:30 Beginner Class	6 9:00 Yoga	7 9:00 Yoga 10:45 Aroma Class
8	5:45 Yoga 7:30 Advanced Class	9 1:30 Yoga 7:30 Intermediate Class	10 5:45 Yoga 7:00 Qigong	11 1:30 Yoga 7:30 Beginner Class	12 9:00 Yoga	13 9:00 Yoga 10:45 Aroma Class
15	5:45 Yoga 7:30 Advanced Class	16 1:30 Yoga 7:30 Intermediate Class	17 5:45 Yoga 7:00 Qigong	18 1:30 Yoga 7:30 Beginner Class	19 9:00 Yoga	20 9:00 Yoga
22	5:45 Yoga 7:30 Advanced Class	23 1:30 Yoga 7:30 Intermediate Class	24 5:45 Yoga 7:00 Qigong	25 1:30 Yoga 7:30 Beginner Class	26 9:00 Yoga DANCE PARTY 8:00 \$10	27 9:00 Yoga
29	5:45 Yoga 7:30 Advanced Class	30	<b>WELNESS CLASSES - 2nd Saturdays</b> 4/14 AROMATHERAPY 10:45 - 1:00 (Reservations) \$20 4/14 1:00 <b>FREE</b> EMOTIONAL FREEDOM TECHNIQUE (EFT)			