



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
 4/14 FREE EFT Class 1:15

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

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

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 4 Year Yoga Party	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	WELNESS CLASSES - 2nd Saturdays 4/14 AROMATHERAPY 10:45 - 1:00 (Reservations) \$20 4/14 1:15 FREE EMOTIONAL FREEDOM TECHNIQUE (EFT)			