



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 2/23 3/23
8:00 - 10:00 \$10

Qigong Class
w/ Sara & Andrew
Wed 7:00

Wellness Class
w/ Donna \$20
3/10 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
March - Swing April - Salsa & Rumba
Intermediate - Tuesday 7:30
March - TBA April - TBA
Advanced - Monday 7:30
March - TBA April - 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

March '18

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

SUN	MON	TUE	WED	THU	FRI	SAT
WELNESS CLASSES - 2nd Saturdays 3/10 AROMATHERAPY 4/14 EMOTIONAL FREEDOM TECHNIQUE (EFT) 10:45 - 1:00 (Reservations) \$20				1	2	3
				1:30 Yoga 7:30 Beginner Class	9:00 Yoga	9:00 Yoga 10:45 Aroma Class
4	5	6	7	8	9	10
	5:45 Yoga 7:30 Advanced Class	1:30 Yoga 7:30 Intermediate	5:45 Yoga 7:00 Qigong	1:30 Yoga 7:30 Beginner Class	9:00 Yoga	9:00 Yoga 10:45 Aroma Class
11	12	13	14	15	16	17
	5:45 Yoga 7:30 Advanced Class	1:30 Yoga 7:30 Intermediate Class	5:45 Yoga 7:00 Qigong	1:30 Yoga 7:30 Beginner Class	9:00 Yoga	9:00 Yoga
18	19	20	21	22	23	24
	5:45 Yoga 7:30 Advanced Class	1:30 Yoga 7:30 Intermediate Class	5:45 Yoga 7:00 Qigong	1:30 Yoga 7:30 Beginner Class	9:00 Yoga DANCE PARTY 8:00 \$10	9:00 Yoga
25	26	27	28	29	30	31
	5:45 Yoga 7:30 Advanced Class	1:30 Yoga 7:30 Intermediate Class	5:45 Yoga 7:00 Qigong	1:30 Yoga 7:30 Beginner Class	9:00 Yoga	9:00 Yoga