



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

HOLIDAY

Dance Party

Friday 12/7
 7:00 - 10:00 \$25

Yoga Class

Tues & Thu 1:30
 Mon & Wed 5:45

Forest Massage &
 Wellness Center

Wellness Services

PAIN & STRESS MANAGEMENT

Massage, Reiki,
 Chakra Balancing, EFT
 and more!

Call Donna
 434-665-9411

Donna (Dance)
 434-665-9411

Robert (Dance)
 540-765-7838

www.VaDance.com
 donnalbarringer@aol.com
 434-665-9411

BALLROOM CLASSES

Beginner - Thursday 7:30
 November - Hustle & Swing

Intermediate - Tuesday 7:30
 November - TBA

Advanced - Monday 7:30
 November - TBA

Tuition: \$15 per class

HOLIDAY DANCE PARTY

FRIDAY, December 7th
 7:00 - 10:00 \$25

PRIVATE LESSONS (By Appt.)

All levels, all styles, all occasions

New Students with Donna - 4/\$280

New Students with Marzena - 4/\$220

Call Donna: 434-665-9411

YOGA CLASSES

Monday & Wednesday 5:45pm
 Tuesday & Thursday 1:30pm

Tuition: \$12 / class
 (\$80 for 8 class package)

All Levels welcome!

1st Yoga Class **FREE**

FOREST MASSAGE & WELLNESS CENTER Stress & Pain Management

Contact Donna 434-665-9411

Massage Therapy, Reiki &
 Energy Work, Emotional
 Freedom Technique (EFT)

HOLIDAY DANCE PARTY

Hors d'oeuvres & Wine
 Lots of fellowship & dancing!

NOV '18

SUN MON TUE WED THU FRI SAT

New Staff Special 4 Lessons for \$220 With Marzena

1	2	3
1:30 Yoga		
7:30 Beginner Class		

4	5	6	7	8	19	10
	5:45 Yoga	1:30 Yoga	5:45 Yoga	1:30 Yoga		
	7:30 Adv Class	7:30 Intermediate Class		7:30 Beginner Class		

11	12	13	14	15	16	17
	5:45 Yoga	1:30 Yoga	5:45 Yoga	1:30 Yoga		
	7:30 Adv Class	7:30 Intermediate Class		7:30 Beginner Class		

18	19	20	21	22	23	24
	5:45 Yoga	1:30 Yoga	5:45 Yoga	HAPPY THANKSGIVING		
	7:30 Adv Class	7:30 Intermediate Class				

25	26	27	28	29	30
	5:45 Yoga	1:30 Yoga	5:45 Yoga	1:30 Yoga	
	7:30 Adv Class	7:30 Intermediate Class		7:30 Beginner Class	