



# 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

Syllabus Class 7:30

### Tuesdays

Intermediate 7:30

Classes TBA

### Thursdays

Beginner 7:30

Classes TBA

### Dance Party

Friday 4/26

8:00 - 10:00 \$10

### Yoga Class

Mon & Wed 5:45

Tues 1:30

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

APRIL - East Coast Swing & Jitterbug

Intermediate - Tuesday 7:30

APRIL - TBA

Syllabus - Monday 7:30

APRIL - TBA

Tuition: \$15 per class

## DANCE PARTY

Last Friday 8:00 \$10

## PRIVATE LESSONS (By Appt.)

All levels, all styles, all occasions

New Students with Donna - 4/\$280

New Students with Marzena - 4/\$240

Call Donna: 434-665-9411

## YOGA CLASSES

Monday & Wednesday 5:45pm

Tuesday 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,  
 "Tapping" Emotional  
 Freedom Technique (EFT)

**Dance & Move  
 Yoga & Stretch  
 Massage & Relax**

# APRIL 2019

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

**Private Lesson Special**  
**4 Lessons for \$240**  
**With Marzena**