



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 2/22
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
February - Salsa & Nite Club 2 Step
Intermediate - Tuesday 7:30
February - TBA

Advanced - Monday 7:30
February - TBA

Tuition: \$15 per class

DANCE PARTY

4th 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/\$220
 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)

FEBRUARY 2019

SUN

MON

TUE

WED

THU

FRI

SAT

Private Lesson Special

4 Lessons for \$220
With Marzena

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

3

4

5

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9

5:45 Yoga
7:30 Adv Class

1:30 Yoga
7:30 Intermediate
Class

5:45 Yoga

7:30 Beginner
Class

10

11

12

13

14

15

16

5:45 Yoga
7:30 Adv Class

1:30 Yoga
7:30 Intermediate
Class

5:45 Yoga

7:30 Beginner
Class

17

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23

5:45 Yoga
7:30 Adv Class

1:30 Yoga
7:30 Intermediate
Class

5:45 Yoga

7:30 Beginner
Class

**DANCE
PARTY
8:00 \$10**

24

25

26

27

28

5:45 Yoga
7:30 Adv Class

1:30 Yoga
7:30 Intermediate
Class

5:45 Yoga

7:30 Beginner
Class