



# 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  
 Intro Latin Dances

### Dance Party

Friday 1/25  
 8:00 - 10:00 \$10

### 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  
 January - Intro Latin Dances

Intermediate - Tuesday 7:30  
 January - TBA

Advanced - Monday 7:30  
 January - 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 & 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)

## Private Lesson Special

4 Lessons for \$220  
 With Marzena

# JANUARY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
				1:30 Yoga		
6	7	8	9	10	11	12
	5:45 Yoga 7:30 Adv Class	1:30 Yoga 7:30 Intermediate Class	5:45 Yoga <b>NO CLASS</b>	1:30 Yoga 7:30 Beginner Class		
13	14	15	16	17	18	19
	5:45 Yoga 7:30 Adv Class	1:30 Yoga 7:30 Intermediate Class	5:45 Yoga	1:30 Yoga 7:30 Beginner Class		
20	21	22	23	24	25	26
	5:45 Yoga 7:30 Adv Class	1:30 Yoga 7:30 Intermediate Class	5:45 Yoga	1:30 Yoga 7:30 Beginner Class	<b>DANCE PARTY 8:00 \$10</b>	
27	28	29	30	31		
	5:45 Yoga 7:30 Adv Class	1:30 Yoga 7:30 Intermediate Class	5:45 Yoga	1:30 Yoga 7:30 Beginner Class		