



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

NO CLASSES

Tuesdays

Intermediate 7:30

Classes TBA

Thursdays

Beginner 7:30

Classes TBA

Dance Party

Friday 3/29

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

MARCH - Jitterbug & Hustle

Intermediate - Tuesday 7:30

MARCH - 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/\$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)*

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

MARCH 2019

SUN MON TUE WED THU FRI SAT

Private Lesson Special

4 Lessons for \$220

With Marzena

3 4 5 6 7 8 9

5:45 Yoga
1:30 Yoga
7:30 Intermediate
Class

7:30 Beginner
Class

10 11 12 13 14 15 16

5:45 Yoga
1:30 Yoga
7:30 Intermediate
Class

7:30 Beginner
Class

17 18 19 20 21 22 23

5:45 Yoga
1:30 Yoga
7:30 Intermediate
Class

7:30 Beginner
Class

24/31 25 26 27 28 29 30

5:45 Yoga
1:30 Yoga
7:30 Intermediate
Class

7:30 Beginner
Class

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