



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

Tuesdays

Intermediate 7:30

Classes TBA

Thursdays

Beginner 7:30

Classes TBA

Dance Party

Friday 5/31

8:00 - 10:00 \$10

Yoga Class

Monday 5:45

Wednesday 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

MAY - Rumba & Merengue

Intermediate - Tuesday 7:30

MAY - TBA

Tuition: \$15 per class

DANCE PARTY

Last Friday 8:00 \$10

YOGA CLASSES

Monday & Wednesday 5:45pm

Instructor: Tina Joyce

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

All Levels welcome!

1st Yoga Class FREE

PRIVATE LESSONS (By Appt.)

All levels, all styles, all occasions

Regular Tuition - \$80/per lesson

New Students with Donna - 4/\$280

New Students with Marzena - 4/\$240

Call Donna: 434-665-9411

FOREST MASSAGE & WELLNESS CENTER

Stress & Pain Management

Contact Donna 434-665-9411

*Massage Therapy, Reiki &
 Energy Work,*

*"Tapping" Emotional
 Freedom Technique (EFT)*

MAY 2019

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

SUN MON TUE WED THU FRI SAT

Private Lesson Special

4 Lessons for \$240

With Marzena

			1 5:45 Yoga	2 7:30 Beginner Class	3	4
5	6 5:45 Yoga	7 7:30 Intermediate Class	8 5:45 Yoga	9 7:30 Beginner Class	10	11
12	13 5:45 Yoga	14 7:30 Intermediate Class	15 5:45 Yoga	16 7:30 Beginner Class	17	18
19	20 5:45 Yoga	21 7:30 Intermediate Class	22 5:45 Yoga	23 7:30 Beginner Class	24	25
26	27 5:45 Yoga	28 7:30 Intermediate Class	29 5:45 Yoga	30 7:30 Beginner Class	31 DANCE PARTY 8:00 \$10	