



"Falling in love with MFA Studios"

February 2012

Health, Wellness, & Fitness Expo... A Smashing Success!!!

We had a great turn out for this year's 1st Annual Health, Wellness & Fitness Open House, themed, "New Year, New You." We had free class demonstrations throughout the morning, highlighting Zumba, Jazzercise, & CxWorx, a moon bounce for the children, lots of information and products from local vendors, and we gave away a total of 25 door prizes!!!

It was a packed house all morning. We had a grand total of 20 new registrations, in just the 3 hours this event took place. Wow! Thanks to everyone who came!

"I had such a great time in class. I didn't know working out could be so much fun!"

"Thanks for putting on such a great event!"

"How do I sign up?!?!"

The feedback was so phenomenal, can't wait for our next Fitness Open House, in the Fall! If you'd like any additional information from the vendors, or if you would like to be contacted in the future to be a vendor, please contact the studio.

Thanks so much to all our great vendors!
Charlotte Tittle, Charlotte Tittle Photography

*Kathy Thompson, IsAgenix Machele Coy, Pampered Chef Corrine, Dancer's Wardrobe
Beth Craig, Positive Force Coaching LLC Well of Life, Charlotte Tittle)*

SPECIAL ADDITION: 6 Week Salsa Dance Class Session Open to Adults of all Levels!



"Put your dance shoes...and let's have some fun!"

February 4th- March 17th
This class will meet Saturdays from 11am-12pm every week, for 6 weeks, with the exception of February 25th, when the instructor will be at The Walters Art Museum in Baltimore, MD participating in the African

American Family Festival, there. Come learn the styling's of Cuban Salsa!
Put your dance shoes on, bring a friend, partner, or just yourself, and let's have

some fun!
When: Saturdays 11am-12pm, starting Feb 4th
Where: MFA Studios
Cost: \$65 for the whole 6 week session
*registration fee

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- Upcoming Events:**
- January 28th- Girl Scouts Art Workshop
 - February 1st- 1/2 of Recital Fee Due & Registration for Showstoppers Due
 - February 3rd-5th- JUMP Convention
 - February 11th- Girl Scouts Dance Workshop
 - February 17th-19th- Start Quest Competition
 - February 20th- President's Day All Day Camp
 - February 25th- African Dance Workshop

**MFA Studio's own, *Dynamite Cheer Team*,
is going to **COMPETITION!!!****

The girls have been putting in a lot of extra hours this month, gearing up to compete on January 22nd.

Our cheer team will be heading to Baltimore, Maryland to represent MFA Studios at the Coastal Cheer Competition there.

Good luck to all the girls going!

If you'd like to come and show your support, the team we will be at the Baltimore Convention Center!



**PRESIDENTS DAY
...the kids will be out of school!**



**Sign them up for our
All Day Singing & Acting
Workshop**

When: February 20th

Time: 9am-5pm

Cost: \$45

**Bonus: \$10 off for each additional sibling
*Bring your own snack & bagged lunch***

Ages 5+

Register online under "Workshops"



**Give the gift of...
Dance, cheer, music, art,
fitness, personal training
Gift certificates available
for purchase!!!**



MFA Studio wear

**T-shirts \$15/ ea
Sweatshirts \$35/ ea**

**Available in Toddler-Adult
Sizes. Order yours today!**

Starting In February

***** NEW OFFICE HOURS**

Monday-Friday 4:30-8:30PM

MFA's Biggest Loser Challenge Winner!

Last month was the conclusion of our 8-week challenge.

The overall combined weight loss for eleven out of sixteen contestants was 72.4 lbs

Congratulations to the "Biggest Loser," Sherry White, who lost a total of 14.6lbs!

Sherry won a beauty makeover donated by Rain Spa Salon of Locust Grove

(Check out their new location!).



Sherry White, confidently posing with her "Biggest Loser" Certificate!

Also, we would like to acknowledge the "Biggest Loser" runner-up, Debbie Gardner. Debbie lost a total of 12.4lbs!

Our next "Biggest Loser Challenge" will begin in the Spring.

Let us help you achieve your fitness goals and sign up for 12-month fitness membership, today! Only

Register Online only \$45/mo

MONDAY: 7-8pm

ADULT TAP

Instructor: Ms. Sharon

TUESDAY: 4:45-5:30pm

PRINCESS BALLET (Ages 4-5)

Instructor: Ms. Mayeisha

WEDNESDAY: 12:45-1:30pm

TODDLER TUMBLING (Ages 2-5)

Instructor: Ms. Mayeisha

WEDNESDAY: 2:15-2:45pm

FAIRY BALLET TAP (Ages 2-4.5)

Instructor: Ms. Mayeisha

WEDNESDAY: 5:30-6:30pm

BELLY DANCING

Instructor: Ms. Anthea

THURSDAY: 10:00-11:00am

BELLY DANCING

Instructor: Ms. Anthea

FRIDAY: 5:30-6:30pm

ADULT JAZZ

Instructor: Ms. Trish

FRIDAY: 6:30-7:30pm

TEEN HIP-HOP (Ages 12+)

Instructor: Ms. Devina

SATURDAY: 11:30-12:15pm

HIP HOP (Ages 5-9)

Instructor: Ms. Trish

*registration fee applies

Many other classes still have availability!

*Art Lessons
(Mon 5-6pm)
(Wed 4:30-5:30pm)

*Tumbling
(Wed 5:30-6:30pm)

*Leaps, Turns,
Splits & Tricks
(Thur 5:30-6:30pm)

*Beginner Ballet
(Sat 9:45-10:30am)

*Beginner Jazz/Tap
(Sat 9-9:45am)

*These class prices vary, based on their length of class time.

BROADWAY CONNECTION MASTER CLASS

& BROADWAY INSIDER Q & A

WHEN: Monday March 5, 2012 **TIME:** 5 - 7pm

CLASS TYPE: Musical Theatre Jazz **LEVEL:** OPEN Level

WITH: A BROADWAY CONNECTION Teacher & Current cast members of



Students of Mayeisha's Fine Arts Studio now have the exclusive opportunity to be a part of the magic of Broadway! A current cast member of the Broadway tour THE LION KING is coming to teach an exciting and dynamic Master Class including a behind-the-scenes Q & A. The Master Class focuses on the incredible Contemporary Broadway Jazz style of choreography seen in THE LION KING and end with an insider Q & A when students learn about education, training, auditions and what it takes to be a Broadway performer!

REGISTER NOW

"Students will be inspired to reach for their dreams while dancing with Broadway's best!"

540.693.5286 dance@mfastudios.com

*Our local AARP chapter will be taking a bus trip down to the Richmond showing on March 10th.

For more information contact Ship to Shore's, Barbara Ehlen 540-972-7710*

Dress Code Reminder



We are well into our school year and all students should be wearing the proper dress code requirements for each of their classes. If you have any questions about the dress code, please see our website (click on the "classes" tab) or contact the studio.

Dance Teams

Competition Team AUDITIONS were held during the month of September. We wish to CONGRATULATE all those who tried out. The dance team will compete THROUGHOUT Virginia, as well as perform in special events in the community. Competition Team is open to all students ages 6 and over. if you have an interest in our competitive team program, request an information packet.

We're on the Web!

Are you receiving all of our E-MAIL communications? This is our most frequently used form of communication with our members, students, and their parents. Please make sure we have your correct contact information and JOIN US ON FACEBOOK. We are looking to start posting our most up to date communications and announcements. Please help



"Spread the Word" about MFA Studios: LIKE US, LINK TO US, POST ABOUT US :)

Facebook: Mayeisha's Fine Arts Studio

Website: www.mfastudios.com

MARK YOUR CALENDAR:

May 20th, Music Recital & Art Exhibit
Our 2012 Spring Production: songs & costumes for all classes are in "MFA Studio in Oz" binder located at the front desk. This years recital will be held at Riverbend High School in JUNE, date (TBA). Stay tuned!

Thanks...

To all of you who are a part of our family. We appreciate your continued support and efforts to tell friends, family, and others within our community about MFA Studios and our passion for the arts and fitness.

<<Sickness & Make-up Policy Reminder>>

Student Class Make-up Policy

If you miss a class due to illness or vacation, or we are closed due to a holiday, you may make up the missed lesson within 4 weeks of the absence. This is a great opportunity to try a new class that you've been interested in, or take a class that is similar to your regular class. Ask your teacher or desk staff which class to take a make up lesson in
Students and or parents must call and prearrange a make-up class.

Student Sickness Policy

If your child has a temperature of 100 or more or any symptom of a contagious disease or infection (ie. Green nasal drainage), you must not bring your child to MFA Studios. We also ask that your child remain at home at least 24 hours such an illness has occurred.

Please familiarize yourself with these important studio policies which are a part of the contract you signed when you registered for classes at MFA Studios.

Did You Know You Can View Your Account ONLINE?

Go to our website, click on the "Register Online Now" button at the top, enter your email and password or forgot password button. Now you can view your contact/billing information, the classes you are enrolled in, make a tuition payment, and update info.

*February
"Craft
of the
Month"*



"Quilling Valentines"