

MFA STUDIOS

October Newsletter

FALL 2011

NEWSLETTER

DATES TO

REMEMBER

- October 8th- Girl Scouts Daisy Tea Party,
- October 15th- FITNESS LAUNCH PARTY
- October 21st- Zumbathon for OC Head start
- October 24th- 29th - Bring a Friend and dress up WEEK
- November 1st- Registration Fee for Starquest (competition team)
- November 4th- Zumbathon for OC Free Clinic

Welcome Back

Classes are in full swing! All our students have been doing great the last few weeks.

There has been nothing but positive remarks and feedback from both parents, as well as

instructors.

As of now, we are pleased to be offering classes in all aspects; Dance, Art, Cheer, Gymnastics, Private Guitar, Piano, Clarinet, Flute, Violin & Voice

Lessons.

Enrollment is ongoing and don't forget our "Refer a Friend," incentive. If you refer a friend and they enroll, you will receive a \$10 credit as well as your

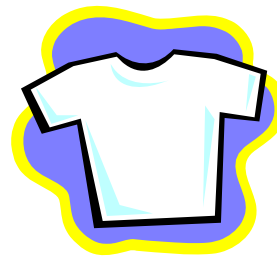
Studio T-shirt Orders

All families will be billed October 1st for Studio T-shirts. These are a part of our studio dress code requirement, and uniform for all students.

Forms were sent home with your children. Please fill it out, completely, noting your child's size.

If you did not receive this form, please let the office know and we can either

email it to you, or you may pick it up and fill it out in person next week.



We have additional T-shirts available for purchase in both black and white colors, as well as Hooded

Sweatshirts in black (just in time for the cold months to come).

All T-shirts and sweatshirts are available in Youth as well as Adult sizes. The cost is \$15 per T-shirt and \$35 per Hooded Sweatshirt.

So, parents, feel free to order yourself a shirt or sweater and support your student as well as the studio!



ART STUDENTS

CRAFT

OF THE MONTH



Want to be in shape for next summer? Now's the time to start!

New Fitness Classes To Be Added

We are going to be offering MANY new classes to our Adult Fitness Class Schedule throughout the month of October. A 30 Minute "Strictly Abs," class, LesMills CX Worx (The same program offered at Gold's Gyms), will begin **October 1st.**

On **October 15th**, we will be throwing a party for the launch of our newest fitness classes! They will be showcased as follows:

- 8:30AM**– Jazzercise
- 9AM**– Zumba
- 9:30AM**– CX Worx
- 10AM**– Sha'bam
- 10:30AM**– Body Combat

We will be offering a one-time chance to sign up for a fitness membership at a **ROCK-BOTTOM** price of **\$25 per month (2 Weeks of FREE Fitness, included).**

Note: All morning weekday classes will have childcare available, beginning October

10th. Bring your friends and tell them to bring their kids.



CONGRATULATIONS!!!!

MAIN CHARACTERS
HAVE BEEN CHOSEN!

Nutcracker:

- Clara- Lauren
- Mother Ginger- Laura
- Nutcracker –Matt
- Drosselmeyer- Marcus
- Harlequin Doll- Grace
- Sugar Plum Fairy– Reese
- Arabian- TJ, Grace
- Acrobat- Emily, Sydney & Jacqueline
- Russian- Emily, Grace

MFA in OZ:

- Dorothy- Laura
- Tin Man- Emily
- Scarecrow- Matt
- Lion- Andrew
- Glenda- Gillian
- Elphaba- Nikki
- Emerald City Guard- Andrew

THANKS TO EVERYONE
WHO TRIED OUT!

WE ARE LOOKING
FORWARD TO THE
WINTER PRODUCTION
AND SPRING RECITAL.

The Nutcracker is an optional performance. Your student is NOT automatically registered. If you would like your student involved in the Winter Production of The Nutcracker, please sign them up at the front desk. Costumes will be rented for \$35 and instruction will cost \$55 a month for two months of rehearsals.

All students ARE signed up to participate in the Spring Recital (MFA in OZ) and have been billed/paid for costumes.



Bring a Friend & Dress Up Week

As always at MFA Studios, we like to have some fun! So, we are inviting our students to dress up, in costume, the week of October 24th-October 29th.

Students are encouraged to invite any and all of their friends to come, dress up, and join in their class FREE of charge.

We do ask, however, that you leave the accessories and masks, etc at home. Costumes only. We also do not want any scary, evil, or vulgar costumes, as we are a family establishment.. If you think it's questionable, it's probably best to just leave it at home.

Come join us for our
FITNESS KICKOFF CELEBRATION

**Door Prizes
 &
 Membership
 SPECIALS!**

October 15th
 8am—12pm



4444 Germanna Highway
 Locust Grove, VA 22508

(540) 693-5286

Fitness Calendar
 (changes effective 10/15/2011*)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9am Core & Toning (Elba)	9:30am CXWorx (Linda)	9am Core & Toning (Elba)	9:30am CXWorx (Linda)	8:30am Power Yoga (Kim)	9am Zumba (Majeisha)
7:30pm Zumba (Majeisha)	10am Zumba (Elba)	10am Zumba (Majeisha)	10am Body Sculpting (Elba)	10am Zumba (Majeisha)	10am Jazzercise* (Gail)
	5pm Zumba @LOW (Elba)	7:30pm Zumba (Elba)	5pm Zumba @LOW (Julie)		
	5:30pm Jazzercise* (Gail)		5:30pm Jazzercise* (Gail)		
	6:30 Body Sculpting (Elba)				

**"Biggest Loser"
 Weigh-in @
 6pm**

Unlimited childcare offered for \$25/month; morning classes only
 \$ Jazzercise is not included with membership and cost per class: \$10 non-members, \$5 members



Fitness Kickoff Celebration!
October 15th

New Classes Showcasing
 CXWorx, Jazzercise, Sha'bam, Body Combat, Body Flow

Membership Specials
 12 Month Membership
 Unlimited fitness classes for \$25/month
 (set up with recurring payments* or
 10% off if paid in full)
 *maintenance fees do apply

At sign-up, members receive a starter kit,
 which includes: 1 free personal training
 session, body analysis, 2 free fitness
 weeks, coupons from local businesses,
 and more!

"Biggest Loser Challenge"
**Lose the weight BEFORE the
 holidays!**

We want you to find that little 'push' so you can lose that
 weight, gain more muscle, relieve your stress, look good
 for the holidays or for your reunion, make new friends
 or simply to get out of the house!

Incentives for weekly participation!*
 Prize for overall winner!*

**1st Weigh-in, October
 27th @ 6pm**
 (8 week challenge)

\$10
 Entry
 fee

ADULT GROUP FITNESS AT MFASTUDIOS



ZUMBA Is a Latin dance-fitness workout that feels like a party! You'll burn tons of calories having fun, dancing to salsa, merengue, cha cha, flamenco, belly, hip hop, cumbia, samba, and much more. The routines feature interval training with a combination of fast and slow rhythms that tone and sculpt the body.

All Levels	Monday 7:30-8:30pm	Studio	Elba
All Levels	Tuesday 10:00-11:00am	* Studio	Elba
All Levels	Tuesday 5:00-6:00pm	LOW	Elba
All Levels	Wednesday 10:00-11:00am	*Studio	Mayeisha
All Levels	Wednesday 7:30-8:30pm	Studio	Mayeisha
All Levels	Thursday 5:00-6:00pm	LOW	Julie
All Levels	Friday 10:00-11:00am	* Studio	Mayeisha
All Levels	Saturday 9:00-10:00am	Studio	Mayeisha/Julie

LOW = Lake of the Woods Community Center

CHILDCARE AVAILABLE

CORE & TONING This class will Tone and strengthen all major muscle groups including abs, back, and gluts. Proper form and technique emphasized. Taught with hand weights, Resistance bands and floor mats

All Levels Monday 9:00-10:00am * Studio Elba

All Levels Wednesday 9:00-10:00am * Studio Elba

Personal Training

As coaches we ensure that each exercise is done properly. We avoid injuries and maximize the benefit of each motion. We also ensure that you do the right amount of each exercise; too little won't bring about change, and too much will slow down your rate of improvement.

1 Session \$35 / 4 Session \$125 / 6 Sessions \$200

Call to schedule a free initial appointment 540-693-5286 or email: Dance@MFAstudios.com

LOOKING FOR A WAY TO RAISE MONEY FOR YOUR SCHOOL OR CHARITY CALL 540 693-5286 AND SCHEDULE A ZUMBATHON TODAY!

MFASTUDIOS

4444 Germanna Hwy Suite #160
Locust Grove, VA 22508
www.MFAstudios.com
540-693-5286



REVOULOTIONARY CORE TRAINING

LES MILLS CXWORKS Looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body? CX30™/CXWORX™ is for you!

- Based on cutting-edge scientific research
- Brand new 30-minute format
- Combines the best of personal training with the energy of a group fitness class
- Choreographed routines and chart-topping music that'll bring you back for more

All Levels Tuesday 9:30-10am * Studio Linda

All Levels Thursday 9:30-10am * Studio Linda

EVENING CXWORX HOURS COMING IN NOVEMBER!

BODY SCULPTING Uses weights to strengthen your entire body. It will challenge all your major muscle groups by using weight-room exercises like squats, presses, lifts and circuit Fitness

All Levels Tuesday 6:30-7:30pm Studio Elba

All Levels Thursday 10:00-11:00am *Studio Elba

Classes are \$10 per class

Month by Month Membership \$30

For UNLIMITED classes!

12 Month Membership Sign up for recurring payments for \$25 Monthly

12 Month Membership With Unlimited Childcare for \$55 Monthly

Or get 10% off Membership if paid in full.

Initial Fee of \$45 for membership

Class cards also available:

(discounted \$6 per class)

5 punch card \$30 / 10 punch card \$60

20 punch card \$120 / 30 punch card \$180

Childcare is available for \$2 per child per class