

MFA Studios: NOVEMBER NEWSLETTER

Fall 2011

November Events:

***November 1st-**
Registration for
STARQUEST due
***November 4th-**
Zumbathon for OC Free
Clinic 6-8pm
***November 13th-**
KAR Dance Convention
***November 18th-**
Owl's Night Out
Workshop 6-8pm
***November 23rd-27th-**
STUDIO CLOSED for
Thanksgiving Break

December Events:

***December 4th-**
JUMP Registration &
Costume Fees Due
***December 10th-**
Nutcracker Christmas
Spectacular @ LGMS
***December 21st-Jan 2nd-**
STUDIO CLOSED for
Winter Break

ART CLASS OPENINGS

**WEDNESDAYS FROM 4:30
-5:30pm**

AGES 6-12Years Old



**CRAFT OF THE MONTH:
"Table Topper Turkey"**

*****PLEASE REVIEW NEW FITNESS SCHEDULE TIMES***
(see last page of newsletter)**

KAR 2011 DANCE CONVENTION IN BALTIMORE, MD

This year we are extending an invite to all our dance family members to join us in the 2011 KAR Dance Convention to be held in Baltimore, MD, November 13th!

Phenomenal instructors & choreographers from all around the country will be congregating that day to put on an incredible event for young dancers.



LOCATION: Hilton Baltimore
401 West Pratt Street,
Baltimore, MD 21201

WHO: All children ages 5+

COST: \$40 for the whole day

Come join us for a day of dance training in musical theatre, hip-hop, lyrical, jazz, and tap. A special guest from SYTD, Jordan Casanova, will be there as well!

To see a recap from last year's event, for more information, and to register, please visit their website at: <http://www.dancekar.com/>



"Owl's Night Out"

NOVEMBER 18TH from 6-8pm

All students, grades K-6, welcome
The cost is only \$5 per child

We have a lot of fun activities planned. Parents are just asked be back by 8pm! If you're looking for something fun to do yourselves, **Event-A-Ganza** will be taking place in Lake of the Woods, the same night.

Register online. Call, email, or come into the studio with any questions.

GIVE THE GIFT OF MUSIC & DANCE!

Looking for that special, or "unique" gift for a birthday or the holidays? Looking to channel your child's "boundless" energy or to get them excited about something?

Then what more memorable gift can you give than the gift of JOY, ACCOMPLISHMENT, &

SELF-WORTH?

www.Livestrong.com describes the benefits of dance to include, "Improved physical health, Socialization benefits, Educational benefits, & Improved Self-esteem."

It also describes the benefits of music to include, "Increased self-esteem, Enhances learning, and

Promotes community."

If you'd like to get more information about the classes and programs we offer please visit our website: www.mfastudios.com or call 540-693-5286

What better gift to give someone you love, then the gift of music and dance?

☆☆☆☆☆☆ **ZUMBATHON TONIGHT** ☆☆☆☆☆

TONIGHT, Friday, November 4th our instructors will be putting on a **ZUMBATHON CHARITY EVENT!** Tickets are \$20 at the door.

The Zumbathon will be taking place from 6-8PM at the Orange School of Performing Arts located in the Firehouse Theatre, 108 Belleview Ave, Orange, VA 22960.

Bring a friend to join in on the fun.

ALL proceeds go to the Orange County Free Clinic!



FREE SEATED MASSAGES & DOOR PRIZES!

This event is going to be a lot of fun, exercising, dancing, and focusing on staying fit and healthy.

A note from the OC Free Clinic:

“November is Diabetes Awareness Month. Proceeds for the Zumba fundraiser will support direct patient care at the Orange County Free Clinic where the 2nd highest diagnosis is Diabetes. Our Goal: To raise \$1,000 for medicines & medical supplies.”

“FREE SEATED MASSAGES & DOOR PRIZES!”

DATE:
DECEMBER 10TH, 2011

LOCATION:
LOCUST GROVE MIDDLE

NUTCRACKER CHRISTMAS SPECTACULAR

This year, students will be performing, *The Nutcracker*. We anticipate an exciting show; full of dancing, tumbling, and acrobatic acts. Tickets are on sale now for \$5 a ticket, and will also be available for purchase at the door for \$8 a ticket. Come out and enjoy an incredible show!

BIGGEST LOSER CHALLENGE AT MFA



There are currently 20 people taking the “Biggest Loser Challenge,” at MFA Studios.

Our motto for this challenge is, “Lose the weight BEFORE the Holidays.”

Enrollment is still open. The sooner you register, the better chance you have of winning :)

There are weekly incentives, and of course a PRIZE for the overall winner.

The Challenge will last 8 weeks.

Weigh Ins are Thursday Nights from 6-7pm and everyone is encouraged to attend our newly scheduled Zumba Class that same night from 6:30-7:30pm.

It’s only \$10 to register. Additionally, all those who register for the Biggest Loser Challenge and Fitness Membership at the same time, receive half off their fitness registration. That’s a savings of \$22.50!!!

ADULT GROUP FITNESS AT MFASTUDIOS

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



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

Key: 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 9:30-10:30am	**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!



REVOOLUTIONARY CORE TRAINING: LES MILLS CXWORX

CXWORX is the 30-minute **PERSONAL TRAINING INSPIRED CORE CLASS** that's been formulated with a carefully structured, scientific approach and unforgiving intensity. It has been designed to tighten and tone the abs, glutes, back, oblique's and 'slings' connecting the upper and lower body, improve functional strength and assist in injury prevention like nothing else. So, **CXWORX WILL GET YOU RESULTS WHERE IT COUNTS THE MOST.**

All Levels	Tuesday 9:30-10am	** Studio	Mayeisha
All Levels	Wednesday 7-7:30pm	**Studio	Mayeisha
All Levels	Thursday 9:30-10am	**Studio	Elba

YOGA Exercise based yoga focusing on balance, strength, flexibility and focus. It will make you sweat and increase your stamina.

All Levels	Friday 8:30-9:30am	**Studio	Kim
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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 10:00-10:30am	**Studio	Elba

Classes are \$10 per class

Month by Month Membership \$45

BONUS for all memberships, 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 all memberships

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