

# January Newsletter

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## Welcome New Students!

Aidan Parton

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## Birthdays!!

Kiah Porter - 7

Jayla Bandy - 29

Stephanie Fearer - 16

Austin Jobst - 30

Alexandra Jobst - 16

Benjamin Warburton - 31

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## Congratulations New Ranks!!!

Owen Castleberry - Jr. Green

Lillian McMaster - Brown/White III

Kevin Tan - Jr. Green

Libby Fearer - Black/White

Alexandra Jobst - Jr. Brown II

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## Testing - Saturday the 16th @ 9 am

Daniel Ross - Orange

Jackson Childers - Jr. Purple

Chloe Fearer - Jr. Green

Kaitlyn Fearer - Jr. Black

Lisa Bissey - Green

Jackie Baines - Brown II

Lilia Schwab - Orange

Jameson Childers - Jr. Purple

Avery Dhanraj - Jr. Brown

Shawn Shepherd - Brown/White

Keira Martin - Jr Purple

David Ross - Jr. Blue

Heidi Bissey - Jr. Black

Mindy Farmer - Blue

Ben Warburton - Brown/White

Stephanie Fearer - Brown II

Youth Promotion - Please arrive around 10:35 am as the ceremony will begin promptly at 10:45 am

Adult Promotion - Please arrive around 12:30 pm as the ceremony will begin between 12:30 pm & 1 pm

How names appear on the newsletter is how they will appear on Certificates.

If anything needs to be changed, please inform Instructor Shaun.

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## Street Clothes - 28th & 29th

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## Christmas Party & DVD

We would like to thank everyone who participated in or attended the Christmas Party!

Everyone did a wonderful job and it was a pleasure to do. We hope that everyone enjoyed themselves!

We have Christmas Demo DVD's for sale for \$5.

Please see Instructor Shaun to purchase.

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## Additional Information on the Back

Winter Weather

Valentine's Lock-In

Additional Fitness

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## Winter Weather

The School will only close for adverse weather if the State Police advise people to stay off the roads.

If we close, an email will be sent out via our Master Email List.

If you wish to be added to the list, please send us an email at the address listed on the front page.

If you wish to know if you are already on this list, please see Instructor Shaun.

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## Valentine's Lock-In

We are planning a lock-in for Friday, February 10th for the Valentine's Holiday.

The lock-in begins @ 5:30 pm and will end Saturday @ 9:00 am.

All Students that arrive by 5:30 pm will do the kids class, so come prepared.

We will have pizza for dinner, followed by movies all night then cereal and fruit for breakfast.

It will cost \$35 to sign-up for the Lock-In. Please see Instructor Shaun to get added to the list.

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## Kempo Core and Yogalates Classes

With the new year, just a reminder that we still have our additional class offerings for anyone looking to add to their fitness routine.

Kempo Core, an intense, 30-minute class designed to strengthen the foundational muscles of the abs, back, and glutes, is every Wednesday at 5:45.

Yogalates, an hour long combination of yoga and pilates which helps to strengthen the entire body while improving balance and flexibility, is Sunday afternoons at 3:00.

Classes are \$3 each, or you can take both in a week for \$5. Classes are taught by Instructor Kathi.

Please feel free to contact her with any questions at 540 - 250 - 5988, or [susanoke88@gmail.com](mailto:susanoke88@gmail.com).