

## 8 Week Group Courses (\$148)

Enrolling for April 2021

### Latin Club I

Salsa  
Merengue  
Bachata

### Ballroom I

Foxtrot Rumba  
Waltz Swing  
Tango Cha Cha

# Art is Motion

## April 2021

## Ask about our New Year Special on Private Lesson Packages!

678-577-2823 | [www.ArtsMotion.org](http://www.ArtsMotion.org) | 4965 Lanier Islands Pkwy #102, Buford, GA 30518

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 2 pm Latin Club I—(6/8)	29 9 am Gentle Yoga	30 8 pm Ballroom I—(7/8)	31	1 9 am Gentle Yoga	2	3
4 2 pm Latin Club I—(7/8)	5	6 9 am Gentle Yoga  8 pm Ballroom I—(8/8)	7	8 9 am Gentle Yoga	9 7 pm Pour Down the Peace Yoga & South African Wine Tasting (\$30) NORCROSS STUDIO 	10
11 2 pm Latin Club I—(8/8)	12	13 9 am Gentle Yoga 8 pm Ballroom II—(1/8)	14	15 9 am Gentle Yoga	16 8 pm Heels After Dark - Zellettos Workshop (\$15) (Norcross) 	17
18 2 pm Latin Club II—(1/8)	19	20 9 am Gentle Yoga 8 pm Ballroom II—(2/8)	21	22 9 am Gentle Yoga	23 Green Day Dance Party 8-10 pm \$30 (Norcross Studio) 	24
25 5 pm Pour Down the Peace Yoga & New Zealand Wine Tasting (\$30) NORCROSS STUDIO 	26	27 9 am Gentle Yoga 8 pm Ballroom II—(3/8)	28 	29 9 am Gentle Yoga	30	1

## Monthly Events:

NORCROSS STUDIO:

Friday, April 9th @ 7 pm—Pour Down the Peace (\$20)

Friday, April 16th @ 8 pm—Heels Workshop (\$15)

Friday, April 23rd @ 8 pm—Green Day Dance Party (\$30)

Sunday, April 25th @ 5 pm—Pour Down the Peace (\$30)



**Green Day  
Dance Party**  
Friday, April 23rd  
8-10 pm  
Norcross Studio  
Tickets: \$30

RESERVE YOUR TICKET TODAY!

## Group Courses: 8 weeks—\$148

(Series Class drop in - \$25)

**Ballroom:** Foxtrot Waltz Rumba  
Cha Cha Swing Tango

**Latin Club:** Salsa Bachata Merengue

Tango W C Swing Hustle Zouk

\*Pre-enrollment required.

Classes not meeting the minimum of 8 will be postponed\*

Group courses begin with Level I for beginners and advance in difficulty with each level. Each class will begin with a review of the previous week's material before progressing. With this method, a participant may miss 1 class and still be able to participate comfortably. It is **not necessary** to bring your own

**"Specializing in Left Feet"**

Please check our website calendar for updates  
Events & classes are subject to change

# Dance & Yoga Yourself Fit Norcross Studio Events

## 8 Week Group Courses (\$148)

Enrolling for February 2021

Our 8 week small group courses cover the **essential basics**, preparing you for a **variety of dance occasions**. Each week begins with reviewing the previous weeks material before progressing, creating reinforcement and muscle memory.

### Latin Club I

**Salsa**  
**Merengue**  
**Bachata**

### Ballroom I

<b>Foxtrot</b>	<b>Rumba</b>
<b>Waltz</b>	<b>Swing</b>
<b>Tango</b>	<b>Cha Cha</b>

- ◆ **Boost Immune System**
- ◆ **Produce Endorphins**
- ◆ **Strengthen & Tone**
- ◆ **Heart Healthy**
- ◆ **Weight Loss**
- ◆ **Improve Bone Density**
- ◆ **Stimulate Cognitive Function**
- ◆ **Increase Coordination & Flexibility**

## Monthly Pass Classes

**4 Classes a month—\$60**

**8 Classes a month—\$105**

### Gentle Yoga

**Mondays & Wednesdays @ 9 am**

This class will be offering a gentle Hatha and Vinyasa flow. Comfortable attire recommended. Please bring your own yoga mat.



## Pour Down the Peace

**Friday, April 9th @ 7 pm (\$30)**

**Sunday, April 25th @ 5 pm (\$30)**

Unwind and find your zen with a gentle yoga flow class with Nicole Ronco. Afterwards, an enlightening and pleasant presentation and pairing of South African & Portugal wines and accoutrement. Find your Zen.

## Heels After Dark: Zelletos Workshop

**Friday, April 16th (Norcross)**

**8 pm—9 pm**

**Admission: \$15**

Ladies, grab your stilettos and come out to work on balance, confidence and skill. Zakiya will help you channel your inner "Queen" as she gives you a dance combination that will encourage and strengthen you!



## Green Day Dance Party

**Friday, April 23rd (Norcross)**

**8 pm—10 pm**

**Admission: \$30**

Join us for our Green Day Dance Party. Come celebrate with your friendly neighborhood studio & all your friends! Lots of dancing and socializing with some light refreshments



## Midsummer Madness

### Showcase

**Saturday, June 26th**

**Save the Date—Come to the Show**

**Be in the Show!**

Come see what our students have been working on. We have a special evening planned for you.

