

Yoga & Wine

Friday, April 9th @ 7 pm
Sunday, April 25th @ 5 pm

Now Enrolling
8 weeks only \$148

Ballroom I-B2D

Art is Motion

April 2021



Green Day Dance Party
April, 23rd
8-10 pm
\$30

678-577-2823 | www.ArtsMotion.org | 1560 Indian Trail Road, # 109, Norcross, GA 30093

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 4 pm Latin Club III—(5/8)	29 6 pm Baila Fusion 6 pm Modern 7 pm Latin Club II—(4/8) 7 pm Hus/WCS XII—(2/8) 8 pm Samba IX—(5/8) 8 pm Stretch & Strength	30 6 pm Ballet 7 pm Broadway Jazz 8 pm Yoga Core	31 6 pm Hip Hop 7 pm Baila Fusion 7 pm Latin Club I—(4/8) 8 pm VW & QS—(5/8) 9 pm Silver Ballroom—(3/8)	1 6 pm Gentle Yoga 7 pm Belly Dance 7 pm Bronze Ballroom—(6/8) 8 pm Ballroom III—(8/8) 8 pm B2B [CC]—(2/8)	2	3 10:30 am Gentle Yoga 12:30 pm Belly Dance 1:30 pm Fans
4	5 6 pm Baila Fusion NO MODERN CLASS 7 pm Latin Club II—(5/8) 7 pm Hus/WCS XII—(3/8) 8 pm Samba IX—(6/8) 8 pm Stretch & Strength	6 NO BALLET CLASS NO BROADWAY JAZZ 8 pm Yoga Core	7 6 pm Hip Hop 7 pm Baila Fusion 7 pm Latin Club I—(5/8) 8 pm VW & QS—(6/8) 9 pm Silver Ballroom—(4/8)	8 6 pm Gentle Yoga 7 pm Belly Dance 7 pm Bronze Ballroom—(7/8) 8 pm Ballroom IV—(1/8) 8 pm B2B [T]—(3/8)	9 7 pm Pour Down the Peace Yoga & South African Wine Tasting (\$30)	10 10:30 am Gentle Yoga 12:30 pm Belly Dance 1:30 pm Fans
11	12 6 pm Baila Fusion 6 pm Modern 7 pm Latin Club II—(6/8) 7 pm Hus/WCS XII—(4/8) 8 pm Samba IX—(7/8) 8 pm Stretch & Strength	13 6 pm Ballet 7 pm Broadway Jazz 8 pm Yoga Core	14 6 pm Hip Hop 7 pm Baila Fusion 7 pm Latin Club I—(6/8) 8 pm VW & QS—(7/8) 9 pm Silver Ballroom—(5/8)	15 6 pm Gentle Yoga 7 pm Belly Dance 7 pm Bronze Ballroom—(8/8) 8 pm Ballroom IV—(2/8) 8 pm B2B [R]—(4/8)	16 8 pm Heels After Dark — Zellettos Workshop (\$15)	17 10:30 am Gentle Yoga 12:30 pm Belly Dance 1:30 pm Fans
18	19 6 pm Baila Fusion 6 pm Modern 7 pm Latin Club II—(7/8) 7 pm Hus/WCS XII—(5/8) 8 pm Samba IX—(8/8) 8 pm Stretch & Strength	20 6 pm Ballet 7 pm Broadway Jazz 8 pm Yoga Core	21 6 pm Hip Hop 7 pm Baila Fusion 7 pm Latin Club I—(7/8) 8 pm VW & QS—(8/8) 9 pm Silver Ballroom—(6/8)	22 6 pm Gentle Yoga 7 pm Belly Dance 7 pm Bronze Ballroom—(1/8) 8 pm Ballroom IV—(3/8) 8 pm B2B [WCS]—(5/8)	23 Green Day Dance Party 8-10 pm \$30	24 10:30 am Gentle Yoga 12:30 pm Belly Dance 1:30 pm Fans
25 5 pm Pour Down the Peace Yoga & New Zealand Wine Tasting (\$30)	26 6 pm Baila Fusion 6 pm Modern 7 pm Latin Club II—(8/8) 7 pm Hus/WCS XII—(6/8) 8 pm Samba X—(1/8) 8 pm Stretch & Strength	27 6 pm Ballet 7 pm Broadway Jazz 8 pm Yoga Core	28 6 pm Hip Hop 7 pm Baila Fusion 7 pm Latin Club I—(8/8) 8 pm VW & QS—(1/8) 9 pm Silver Ballroom—(7/8)	29 6 pm Gentle Yoga 7 pm Belly Dance 7 pm Bronze Ballroom—(2/8) 8 pm Ballroom IV—(4/8) 8 pm B2B [F]—(6/8)	30	1 10:30 am Gentle Yoga 12:30 pm Belly Dance 1:30 pm Fans

Events:

- 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
\$30

Reserve Your Ticket Today!

Group Courses:

8 weeks—\$148

(Series Class drop in - \$25)

Ballroom & B2B (Back to Basics):

Foxtrot Waltz Rumba
Cha Cha Swing Tango

Latin Club: Salsa Bachata Merengue

WC Swing/Hustle Samba Viennese Waltz/Quickstep

*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 partner**, as participants rotate partners regularly to focus on "lead & follow" while reinforcing foot patterns and creating muscle memory.

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

"Specializing in Left Feet"

Monthly Pass Classes:

1 class—\$20 4 classes—\$60 8 Classes—\$105

12 Classes—\$140 Unlimited—\$175

All classes in blue on the calendar are included in the passes

Passes are valid for the month therein purchased.
(Passes do not carry over to the following calendar month)

Yoga

Relax, increase your flexibility, & control your thoughts. Leave rejuvenated & peaceful.

Yoga Core
Power Core—Hatha
Tuesdays @ 8 pm

Gentle Yoga
Vinyasa
Thursdays @ 6 pm

Gentle Yoga
Restorative / Yin
Saturdays @ 10:30 am

Modern

Mondays @ 6 pm

Gain mastery over your self expression. Interpret the music.

Baila Fusion Fitness

Mondays @ 6 pm | Wednesdays @ 7 pm

Get your workout on while you learn & practice your dance steps.

Latin Club Dance

Mondays @ 7 pm

Learn the core essential basics of Salsa, Merengue & Bachata. Fun and up beat!

Ballet

Tuesdays @ 6 pm

Gain poise, coordination and grace while learning the foundations of movement & posture.

Broadway / Jazz

Tuesdays @ 7 pm

Learn fun and trendy dance steps that are used for all forms of dance.

Hip Hop

Wednesdays @ 6 pm

Build essentials for footwork and movements. Introduction to grooving and vining.

Ballroom I

Wednesdays @ 7 pm

Learn the core essential basics of Waltz, Tango, Foxtrot, Cha Cha, Rumba & Swing.

Belly Dance

Thursdays @ 7 pm | Saturdays @ 12:30 pm

Beautiful, sensual and self expressive. Focus on level changes, freezes, & flow. Get empowered.



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 & New Zealand wines and accoutrement. See you there!

Green Day Dance Party

Friday, April 23rd (Norcross)

8 pm—10 pm

\$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.



Heels After Dark: Zelletos Workshop (\$15)

Friday, April 16th (Norcross)

8 pm— 9 pm

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!



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.



Inspirational Fairy & Fantasy Art