

8 Week Group Courses (\$148)

Enrolling for August 2021

Latin Club I

Salsa
Merengue
Bachata

Ballroom I

Foxtrot Rumba
Waltz Swing
Tango Cha Cha

Art is Motion

August 2021



Latin Dance Party!
Wednesday August 11, 2021

Free class 7:30 pm—8 pm
Party 8 pm—10 pm



Beach Party
Friday, August 20, 2021
8 pm—10 pm
\$30

678-577-2823 | <https://ArtIsMotion.org> | 4965 Lanier Islands Pkwy #102, Buford, GA 30518

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 9 am Gentle Yoga 7 pm Ballroom I—(5/8) 8 pm Latin Club I—(5/8)	4	5 9 am Gentle Yoga 7 pm Belly Dance 8 pm Latin Club II—(1/8)	6	7
8	9	10 9 am Gentle Yoga  7 pm Ballroom I—(6/8) 8 pm Latin Club I—(6/8)	11 Latin Dance Party Class 7:30-8:00 (FREE) Party 8:00-10:00 (\$30) NORCROSS STUDIO 	12 9 am Gentle Yoga 7 pm Belly Dance 8 pm Latin Club II—(2/8)	13	14
15 5 pm Pour Down the Peace Yoga & Wine Tasting (\$30) NORCROSS STUDIO  YOGA & Wine	16	17 9 am Gentle Yoga 7 pm Ballroom I—(7/8) 8 pm Latin Club I—(7/8)	18	19 9 am Gentle Yoga 7 pm Belly Dance 8 pm Latin Club II—(3/8)	20 Beach Party 8 PM—10 PM \$30 Norcross Studio 	21 8 pm Heels After Dark: \$15 (Norcross) 
22	23	24 9 am Gentle Yoga 7 pm Ballroom I—(8/8) 8 pm Latin Club I—(8/8)	25	26 9 am Gentle Yoga 7 pm Belly Dance 8 pm Latin Club II—(4/8)	27	28
29	30	31 9 am Gentle Yoga 7 pm Ballroom II—(1/8) 8 pm Latin Club II—(1/8) 	1	2 9 am Gentle Yoga 7 pm Belly Dance 8 pm Latin Club II—(5/8)	3	4

Monthly Events:

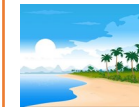
NORCROSS STUDIO:

Wednesday, August 11th @ 7:30 pm—FREE LATIN CLASS
Wednesday, August 11th @ 8 pm—Latin Dance Party (\$30)
Friday, August 15th @ 5 pm—Pour Down the Peace (\$30)
Friday, August 20th @ 8 pm—Party (\$30)
Saturday, August 21st @ 8 pm—Heels After Dark (\$15)



Latin Dance Party!
Wednesday August 11,
2021

Free class 7:30 pm—8 pm
Party 8 pm—10 pm



Beach Party
Friday, August 20, 2021
8 pm—10 pm

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 July 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

Foxtrot
Waltz
Tango

Rumba
Swing
Cha Cha

- ◆ **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

Tuesdays & Thursdays @ 9 am

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

Latin Dance Party

Wednesday, August 11, 2021

FREE CLASS 7:30 pm—8 pm

Latin Party 8 pm—10 pm (\$30)

Join us for a fun Latin night! Grab a friend and come to a FREE class followed by a fun Latin filled party. Light refreshments and drinks will be served!



YOGA & Wine Sunday, August 15th @ 5 pm (\$30)

Unwind and find your zen with a gentle yoga flow class with Nicole Ronco. Afterwards, join us for a tale of two wines and an enlightening and pleasant presentation and pairing of different wines and accoutrement. See you there!

Heels After Dark: Zelleto's Workshop (\$15)

Saturday, August 21st (Norcross)

8 pm—9 pm

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



Summer Party

Friday, August 20th (Norcross)

8 pm—10 pm

Come join us for a fun-filled evening of dance and socializing. Light refreshments and drinks will be served. Bring a friend and have some fun on this Friday evening!!

