

## 8 Week Group Courses (\$148)

Enrolling for December 2021

### Latin Club I

Salsa  
Merengue  
Bachata

### Ballroom I

Foxtrot Rumba  
Waltz Swing  
Tango Cha Cha

# Art is Motion

## November 2021



Latin Dance Party  
Class 7:30-8:00 (FREE)  
Party 8:00-10:00  
Wednesday, November 17th

Holiday Magic  
Sneak Peek Show  
Saturday, November 13, 2021  
7 pm—9:30 pm  
Norcross Studio

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 9 am Gentle Yoga 7 pm Ballroom III—(2/8) 8 pm Latin Club III—(2/8)	3	4 9 am Gentle Yoga 6 pm Belly Dance 7 pm Ballroom I—(3/8) 8 pm Latin Club I—(3/8)	5	6
7 5 pm Fall In To Peace Yoga & Cider (\$30) NORCROSS STUDIO 	8	9 9 am Gentle Yoga  7 pm Ballroom III—(3/8) 8 pm Latin Club III—(3/8)	10	11 9 am Gentle Yoga 6 pm Belly Dance 7 pm Ballroom I—(4/8) 8 pm Latin Club I—(4/8)	12	13 Holiday Magic Sneak Peek Show 7 PM—9:30 PM Norcross Studio 
14	15	16 9 am Gentle Yoga 7 pm Ballroom III—(4/8) 8 pm Latin Club III—(4/8)	17 Latin Dance Party Class 7:30-8:00 (FREE) Party 8:00-10:00 NORCROSS STUDIO 	18 9 am Gentle Yoga 6 pm Belly Dance 7 pm Ballroom I—(5/8) 8 pm Latin Club I—(5/8)	19	20
21	22	23 9 am Gentle Yoga 7 pm Ballroom III—(5/8) 8 pm Latin Club III—(5/8)	24			27
28	29	30 9 am Gentle Yoga 7 pm Ballroom III—(6/8) 8 pm Latin Club III—(6/8)	1 	2 9 am Gentle Yoga 6 pm Belly Dance 7 pm Ballroom I—(6/8) 8 pm Latin Club I—(6/8)	3	4

## Monthly Events:

NORCROSS STUDIO:

Sunday, November 7th @ 5 pm—Fall in to Peace (\$30)

Saturday, November 13th @ 7 pm—Holiday Magic Sneak Peek Show

Wednesday, November 17th @ 7:30 pm—Latin Dance Class & Party (\$15/30)



Latin Dance Party  
Class 7:30-8:00 (FREE)  
Party 8:00-10:00  
Wednesday, November 17th



Holiday Magic  
Sneak Peek Show  
Saturday, November 13th  
7 PM- 9:30 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 1 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 October 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**

**5 Classes a month—\$75**

**8 Classes a month—\$105**

**10 Classes a month—\$122**

### 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, November 17th

**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!



## Fall in to Peace

Sunday, November 7th @ 5 pm (\$30)

Unwind and find your zen with a gentle yoga flow class with Nicole Ronco. Afterwards, join us for some warm cider & refreshments. See you there!

## Heels After Dark: Zelletos Workshop (\$15)

**TBD—December date coming soon!**

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



## Holiday Magic Sneak Peek Show

Saturday, November 13th  
(Norcross)  
7 pm—9:30 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 & come check out the student's exhibitions they've been preparing for you!!