

8 Week Group Courses (\$148)

Enrolling for October 2021

Latin Club I

Salsa
Merengue
Bachata

Ballroom I

Foxtrot Rumba
Waltz Swing
Tango Cha Cha

Art is Motion

October 2021



Latin Party
Wednesday, October 6, 2021
7:30pm—8 pm Free Class
8 pm—10 pm Party



Halloween Social
Friday, October 22, 2021
8 pm—10 pm
Norcross

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5 9 am Gentle Yoga 7 pm Ballroom II—(7/8) 8 pm Latin Club II—(7/8)	6 Latin Dance Party Class 7:30-8:00 (FREE) Party 8:00-10:00 (\$30) NORCROSS 	7 9 am Gentle Yoga	8 Wish luck to our students: Tailee Tucker, Beverly Woodburn, Tamaiko Chappell, Robinette Wernz, Bob Barrentine & Larry Stine & their teachers Tanya & Winston	9 
10	11	12 9 am Gentle Yoga  7 pm Ballroom II—(8/8) 8 pm Latin Club II—(8/8)	13	14 9 am Gentle Yoga	15	16
17 5 pm Pour Down the Peace Yoga & Wine Tasting (\$30) NORCROSS STUDIO  YOGA & Wine	18	19 9 am Gentle Yoga 7 pm Ballroom III—(1/8) 8 pm Latin Club III—(1/8)	20	21 9 am Gentle Yoga 7 pm Ballroom I—(1/8) 8 pm Latin Club I—(1/8)	22 Halloween Social 8 PM—10 PM \$30 Norcross Studio 	23
24	25	26 9 am Gentle Yoga 7 pm Ballroom III—(2/8) 8 pm Latin Club III—(2/8)	27	28 9 am Gentle Yoga 7 pm Ballroom I—(2/8) 8 pm Latin Club I—(2/8)	29	30 7 pm Heels After Dark \$15 (Norcross) 
 HAPPY HALLOWEEN GMA	1	2 9 am Gentle Yoga 7 pm Ballroom III—(3/8) 8 pm Latin Club III—(3/8)	3 	4 9 am Gentle Yoga 7 pm Ballroom I—(3/8) 8 pm Latin Club I—(3/8)	5	6

Monthly Events:

NORCROSS STUDIO:

Wednesday, October 6th @ 7:30 pm —FREE CLASS
Wednesday, October 6th @ 8 pm —Party (\$15/\$30)
Sunday, October 17th @ 5 pm —Pour Down the Peace (\$30)
Friday, October 22nd @ 8 pm —Halloween Social (\$30)
Saturday, October 30th @ 7 pm —Heels After Dark (\$15)



Latin Party
Wednesday, October 6th
7:30—8 pm Free Class
8 pm—10 pm Party



Halloween Social
Friday, October 22nd
Norcross Studio
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 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

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

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, October 6, 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

Pour Down the Peace

Sunday, October 17th @ 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:

Zelletos Workshop (\$15)

Saturday, October 30th (Norcross)

7 pm—8 pm

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!



Halloween Social

Friday, October 22nd

(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!!