

Share the Gift of Dance  
Gift Certificates on Sale Now!

\$30 Gift Certificate - Only \$25  
\$60 Gift Certificate - Only \$50  
\$100 Gift Certificate - Only \$75

Art is Motion  
January 2022







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



Winter Wonderland Party  
Friday, January 14th  
8 pm—10 pm  
Norcross Studio



Latin Party  
Wednesday, January 26th  
FREE Class 7:30 pm—8 pm  
Party 8 pm—10 pm  
Norcross Studio

| Sun | Mon | Tue  | Wed   | Thu   | Fri   | Sat |
|-----|-----|--|---|---|---|-----|
| 2   | 3   | 4<br>9 am Gentle Yoga<br>                               | 5   | 6<br>9 am Gentle Yoga<br>7 pm Latin Club II—(3/8)   | 7   | 8   |
| 9   | 10  | 11<br>9 am Gentle Yoga<br>6 pm Jazz<br>7 pm Hip Hop<br> | 12  | 13<br>9 am Gentle Yoga<br>7 pm Ballroom I—(1/8)<br>7 pm Latin Club II—(4/8)<br>8 pm Latin Club I—(1/8)<br> | 14<br>Winter Wonderland Party<br>8 PM—10 PM<br>Norcross Studio<br> | 15  |
| 16  | 17  | 18<br>9 am Gentle Yoga<br>6 pm Jazz<br>7 pm Hip Hop  | 19<br>  | 20<br>9 am Gentle Yoga<br>7 pm Ballroom I—(2/8)<br>7 pm Latin Club II—(5/8)<br>8 pm Latin Club I—(2/8)  | 21  | 22  |
| 23  | 24  | 25<br>9 am Gentle Yoga<br>6 pm Jazz<br>7 pm Hip Hop  | 26<br>Latin Dance Party<br>Class 7:30-8:00 (FREE)<br>Party 8:00-10:00<br>NORCROSS STUDIO<br> | 27<br>9 am Gentle Yoga<br>7 pm Ballroom I—(3/8)<br>7 pm Latin Club II—(6/8)<br>8 pm Latin Club I—(3/8)  | 28  | 29  |
| 30  | 31  | 1<br>9 am Gentle Yoga<br>6 pm Jazz<br>7 pm Hip Hop   | 2   | 3<br>9 am Gentle Yoga<br>7 pm Ballroom I—(4/8)<br>7 pm Latin Club II—(7/8)<br>8 pm Latin Club I—(4/8)   | 4   | 5   |

Monthly Events:

- Tuesday, January 11th @ 6 pm—Jazz
- Tuesday, January 11th @ 7 pm—Hip Hop
- Thursday, January 13th @ 7 pm—Ballroom I (\$148)
- Thursday, January 13th @ 8 pm—Latin Club I (\$148)
- Friday, January 14th @ 8 pm—Winter Wonderland Party (\$30)
- Wednesday, January 26th @ 7:30 pm—FREE SALSA CLASS
- Wednesday, January 26th @ 8 pm—Latin Party (\$15/\$30)



Winter Wonderland  
Friday, January 14th  
8 PM—10 PM



Latin Party  
Wednesday, January 26th  
FREE Class 7:30 pm—8 pm  
Party 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 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 January 2022

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 Party

Wednesday, January 26, 2021

**FREE CLASS 7:30 pm—8 pm**

**PARTY 8 pm—10 pm**

Join us for a fun last party of the year! Grab a friend and come join us as we dance our way towards the new year. Light refreshments and drinks will be served! See you there!



## Pour Down the Peace

TBD—returning in 2022

Unwind and find your zen with a gentle yoga flow class with Nicole Ronco. Afterwards, join us for some different wines and accoutrements. See you there!

## Heels After Dark: Zelletos Workshop

TBD—Coming back in 2022!

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!



## Winter Wonderland Party

Friday, January 14th  
(Norcross)  
6 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!!!

