

Glitter & Gold Showcase
Saturday, June 4th



Tickets on sale
\$25 Early Bird Special

Art is Motion
May 2022

Sanctuary Dance Outing
Friday, May 20th
10 pm -12 am



Join your classmates and instructors for a fun night out at the Sanctuary Nightclub!

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

4Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8 am Yoga Flow II 6 pm Gentle Yoga	3 8:30 am Gentle Yoga 7 pm Latin Club II—(3/8)	4 8 am Yoga Flow II 6 pm Yin Yoga	5 8:30 am Gentle Yoga 7 pm Social Dance I—(5/8) 7 pm Social Dance III—(1/8) 8 pm Latin Club IV—(3/8)	6 7 pm Latin Club II—(2/8)	7
8	9 8 am Yoga Flow II 6 pm Gentle Yoga	10 8:30 am Gentle Yoga 7 pm Latin Club II—(4/8) 7 pm Latin Club I—(1/8) 8 pm Social Dance I—(1/8)	11 8 am Yoga Flow II 6 pm Yin Yoga	12 8:30 am Gentle Yoga 7 pm Social Dance I—(6/8) 7 pm Social Dance III—(2/8) 8 pm Latin Club IV—(4/8)	13 4 pm Kids Ballroom I (1/8) 7 pm Latin Club II—(3/8) Beach Party 8 pm—10 pm BUFORD	14 NEW
15	16 8 am Yoga Flow II 6 pm Gentle Yoga	17 8:30 am Gentle Yoga 7 pm Latin Club II—(5/8) 7 pm Latin Club I—(2/8) 8 pm Social Dance I—(2/8)	18 8 am Yoga Flow II 6 pm Yin Yoga	19 8:30 am Gentle Yoga 7 pm Social Dance I—(7/8) 7 pm Social Dance III—(3/8) 8 pm Latin Club IV—(5/8)	20 4 pm Kids Ballroom I (2/8) 7 pm Latin Club II—(4/8) 10 pm -12 am Sanctuary Dance Outing	21
22 5:30 pm Yoga & Wine (\$30) NORCROSS	23 8 am Yoga Flow II 6 pm Gentle Yoga	24 8:30 am Gentle Yoga 7 pm Latin Club II—(6/8) 7 pm Latin Club I—(3/8) 8 pm Social Dance I—(3/8)	25 8 am Yoga Flow II 6 pm Yin Yoga	26 8:30 am Gentle Yoga 7 pm Social Dance I—(8/8) 7 pm Social Dance III—(4/8) 8 pm Latin Club IV—(6/8)	27 4 pm Kids Ballroom I (3/8) 7 pm Latin Club II—(5/8) Beach Party 8 pm—10 pm NORCROSS	28
29	30 8 am Yoga Flow II 6 pm Gentle Yoga	31 8:30 am Gentle Yoga 7 pm Latin Club II—(7/8) 7 pm Latin Club I—(4/8) 8 pm Social Dance I—(4/8)	1 8 am Yoga Flow II 6 pm Yin Yoga	2 8:30 am Gentle Yoga 7 pm Social Dance II—(1/8) 7 pm Social Dance III—(5/8) 8 pm Latin Club IV—(7/8)	3 4 pm Kids Ballroom I (4/8) 7 pm Latin Club II—(6/8)	4 7-10 pm Glitter & Gold Showcase NORCROSS

Events:

- Mondays, May 2nd @ 8 am—Yoga Flow II (\$20)
- Wednesdays, May 4th @ 8 am—Yoga Flow II (\$20)
- Tuesday, May 10th @ 7 pm—Latin Club Dance I (\$160)
- Tuesday, May 10th @ 7 pm—Social Dance I (\$160)
- Friday, May 13th @ 4 pm—Kids Ballroom (\$160)
- Friday, May 13th @ 8 pm—Beach Party (\$30)
- Friday May 20th @ 10 pm—Salsa Outing
- Sunday, May 22nd @ 5:30 pm—Yoga & Wine (\$30)
- Friday, May 27th @ 8 pm—Beach Party Norcross (\$30)



Beach Party

Friday, May 13th Buford
Friday, May 27th Norcross

8—10 pm
Dance Party
\$30 (\$20 for 1 hour)

Reserve Your Spot Today!

Group Courses:
8 weeks—\$160
(Series Class drop in - \$25)

Social Dance: Foxtrot Waltz Rumba
Cha Cha Swing Tango

Latin Club: Salsa Bachata Merengue

Specialty: WC Swing/Hustle Samba
Viennese Waltz/Quickstep

*Pre-enrollment required.
Classes not meeting the minimum 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.

"Specializing in Left Feet"

Monthly Pass Classes:

1 Class—\$20 4 Classes—\$60 5 Classes—\$75

8 Classes—\$105 10 Classes—\$122

12 Classes—\$140 Unlimited—\$175

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

Gentle Yoga

Mondays @ 6 pm | Tuesdays & Thursdays @ 8:30 am

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



Yoga Flow II

Mondays & Wednesdays @ 8 am

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

Yin Yoga

Wednesdays @ 6 pm

Increase your flexibility & mobility.



NEW

Latin Club Dance I —Tuesdays @ 7 pm

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



Social Dance I —Tuesdays @ 8 pm

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



NEW

Kids Ballroom I —Fridays @ 4 pm

An introduction to the core essential basics of Waltz, Rumba, Swing, Cha Cha & more.

Regular dance practice can increase your child's **flexibility**, range of motion, physical strength and **stamina**. The repetitive movements can improve muscle tone, correct poor **posture**, increase **balance** and **coordination** and improve overall cardiovascular health. As children adjust to the movements and postures required in dance, they begin to get a better sense of their bodies. As they become more comfortable in their own skin, their **confidence** and **self-esteem** also improves. Dance lessons can encourage children to foster a more **positive attitude** and explore their own **self-expression**. Dance can help children improve their social and **communication skills**, learn how to work as part of a team, develop a greater sense of trust and **cooperation** and make **new friends**. Becoming a skilled dancer requires practice, **discipline** and **focus**, all useful lifelong skills. Dance lessons can help to spark creativity in young children and help them to develop an appreciation for the arts.

Belly Dance Workshop

Friday, April 20th

7 pm (\$30)

Perfect for all experience levels including those brand new to belly dance, Jenny will break down the basics as you learn fun, easy-to-follow combos that incorporate the well known hip work & movements to popular songs from the Middle East & North Africa. She'll have you groovin' to some of your favorite songs! Dress in what makes you feel good & allows you to move comfortably!



Beach Party

Friday, May 13th—Buford

Friday, May 27th—Norcross

8 pm—10 pm PARTY!

\$30 or \$20 for 1 hour

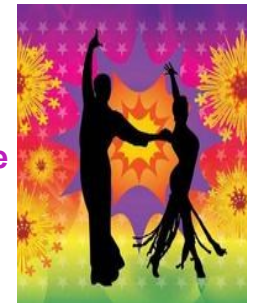
Come enjoy a night of fun and dancing with your favorite neighborhood studio.

Salsa at the Sanctuary!

Friday, May 20th

10 pm—12 am

Join your AIM instructors and fellow dance students for a Latin Club Night out on the town!
(\$10 cover)



Yoga & Wine

Sunday, May 22nd

5:30 pm—7 pm (\$30)



YOGA & Wine

Join us for a peaceful, relaxing evening with some hatha flow yoga, followed by a lovely wine tasting with accoutrements.

Glitter & Gold Showcase

Saturday, June 4th

7 pm—10 pm

\$25 Early Bird—til June 1st!

Be entertained and cheer on your fellow dancers as they shine brightly in our Glitter & Gold Show! There will be general social dancing, refreshments and an overall great time! Get your tickets now at a discount, the cost will increase on June 1st. (We expect to sell out!) We can't wait to share our love of dancing with you!

