Art is Motion
May 2022

Glitter & Gold Showcase
Saturday, June 4th

Tickets on sale

$25 Early Bird Special

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 | http://ArtIsMotion.org | 1560 Indian Trail Road, # 109, Norcross, GA 30093

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

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

Practice Your Skills!!!

Group Courses:
8 weeks—$160
(Early enrollment $148)
4 weeks—$80 | 5 weeks—$100
(Early enrollment $60 | Early enrollment $75)
Series Class drop in - $25

Social Dance: Foxtrot Rumba Cha Cha
Swing Tango Waltz

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

"Specializing in Left Feet"

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 6:30 pm Gentle Yoga 7:30 pm Tai Chi	2 6 pm Yoga Flow I 7 pm Samba XVI—(2/8) 7 pm Latin Club IV—(5/8) 7 pm Latin Club I—(7/8) 8 pm Latin Club III—(1/8) 8 pm Silver Ballroom—(2/8) 9 pm Tai Chi	3 7 pm Adult Ballet—(1/5) 8 pm Yoga Core	4 5 pm Stands—(1/4) 5 pm Kids CM—(1/4) 6 pm Yoga Flow I 6 pm Kids HH vs TT-(1/4) 7 pm Kids Dancehall-(1/4) 7 pm VW & QS—(2/8) 7 pm Social Dance IV-(1/8) 8 pm Ladies Heels—(1/8)	5 6 pm Yoga Flow 7 pm Bronze Ballroom-(3/8) 8 pm Social Dance III-(1/8)	6 8 pm Ladies Heels—(2/8)	7
8 NEW 6:30 pm Gentle Yoga 7:30 pm Tai Chi	9 6 pm Yoga Flow I 7 pm Samba XVI—(3/8) 7 pm Latin Club IV—(6/8) 7 pm Latin Club I—(8/8) 8 pm Latin Club III—(2/8) 8 pm Silver Ballroom—(3/8) 9 pm Tai Chi	10 NEW 7 pm Latin Club I—(1/8) 7 pm Adult Ballet—(2/5) 8 pm Yoga Core	11 5 pm Stands—(2/4) 5 pm Kids CM—(2/4) 6 pm Yoga Flow I 6 pm Kids HH vs TT-(2/4) 7 pm Kids Dancehall-(2/4) 7 pm VW & QS—(3/8) 7 pm Social Dance IV-(2/8) 8 pm Ladies Heels—(3/8)	12 NEW 6 pm Yoga Flow 7 pm Social Dance I—(1/8) 7 pm Bronze Ballroom-(4/8) 8 pm Social Dance III—(2/8)	13 BEACH PARTY 8-10 pm BUFORD 8 pm Ladies Heels—(4/8)	14
15 6:30 pm Gentle Yoga 7:30 pm Tai Chi	16 6 pm Yoga Flow I 7 pm Samba XVI—(4/8) 7 pm Latin Club IV—(7/8) 7 pm Latin Club II—(1/8) 8 pm Latin Club III—(3/8) 8 pm Silver Ballroom—(4/8) 9 pm Tai Chi	17	18 5 pm Stands—(3/4) 5 pm Kids CM—(3/4) 6 pm Yoga Flow I 6 pm Kids HH vs TT-(3/4) 7 pm Kids Dancehall-(3/4) 7 pm VW & QS—(4/8) 7 pm Social Dance IV-(3/8) 8 pm Ladies Heels—(5/8)	19 6 pm Yoga Flow 7 pm Social Dance I—(2/8) 7 pm Bronze Ballroom-(5/8) 8 pm Social Dance III—(3/8)	20 7 pm Belly Dance Workshop 8 pm Ladies Heels—(6/8) 10 pm –12 am Sanctuary Dance Outing	21
22 5:30 pm Yoga & Wine Tasting ($30) 7:30 pm Tai Chi	23 6 pm Yoga Flow I 7 pm Samba XVI—(5/8) 7 pm Latin Club IV—(8/8) 7 pm Latin Club II—(2/8) 8 pm Latin Club III—(4/8) 8 pm Silver Ballroom-(5/8) 9 pm Tai Chi	24	25 5 pm Stands—(4/4) 5 pm Kids CM—(4/4) 6 pm Yoga Flow I 6 pm Kids HH vs TT-(4/4) 7 pm Kids Dancehall-(4/4) 7 pm VW & QS—(5/8) 7 pm Social Dance IV-(4/8) 8 pm Ladies Heels—(7/8)	26 6 pm Yoga Flow 7 pm Social Dance I—(3/8) 7 pm Bronze Ballroom-(6/8) 8 pm Social Dance III—(4/8)	27 BEACH PARTY 8-10 pm NORCROSS	28 4 pm Ladies Heels—(8/8)
29 6:30 pm Gentle Yoga 7:30 pm Tai Chi	30 6 pm Yoga Flow I 7 pm Samba XVI—(6/8) 7 pm Latin Club V—(1/8) 8 pm Latin Club II—(3/8) 8 pm Silver Ballroom—(6/8) 9 pm Tai Chi	31	1 5 pm Stands—(1/4) 5 pm Kids CM—(1/4) 6 pm Yoga Flow I 6 pm Kids HH vs TT-(1/4) 7 pm Kids Dancehall-(1/4) 7 pm VW & QS—(6/8) 7 pm Social Dance IV-(5/8) 8 pm Ladies Heels—(1/5)	2 6 pm Yoga Flow 7 pm Social Dance I—(4/8) 7 pm Bronze Ballroom-(7/8) 8 pm Social Dance III—(5/8)	3 8 pm Ladies Heels—(2/5)	4

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7 pm Latin Club I—(4/8)
7 pm Adult Ballet—(5/5)
8 pm Yoga Core

17

7 pm Latin Club I—(2/8)
7 pm Adult Ballet—(3/5)
8 pm Yoga Core

24

7 pm Latin Club I—(3/8)
7 pm Adult Ballet—(4/5)
8 pm Yoga Core

Monthly Pass Classes:

1 Class—$25   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

Yoga — Sundays @ 6:30 pm | Tuesdays @ 8 pm | Mondays, Wednesdays & Thursdays @ 6 pm
Relax, increase your flexibility, & control your thoughts. Leave rejuvenated & peaceful.

NEW

Tai Chi —Sundays @ 7:30 pm | Mondays @ 9 pm
Enjoy practicing slow paced, gentle movements to restore the body and calm the mind.

Latin Club Dance I — Tuesdays @ 7 pm starting May 10th
Learn the core essential basics of Salsa, Merengue & Bachata. Fun and up beat!

Social Dance I — Thursdays @ 8 pm starting May 12th
Learn the core essential basics of Rumba, Cha Cha, Swing & Foxtrot.

Ballet—Tuesdays @ 7 pm
Gain poise, coordination and grace while learning the foundations of movement & posture.

Stands— Wednesdays @ 5 pm
Learn call & respond choreography & twirl while you're at it!

Kids Creative Movement —Wednesdays @ 5 pm
Come get your groove on & vibe to some current jams.

Kids Hip Hop vs Tik Tok —Wednesdays @ 6 pm
Gain mastery over your self expression. Interpret the music & learn fun/trendy dance steps.

Kids Dancehall —Wednesdays @ 7pm
Groove out to afro-beats to current music and learn something new!

Ladies Heels — Fridays @ 8 pm
Find your inner Goddess, build confidence & feel amazing!

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)

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!

Art is Motion
Dance • Fitness • Yoga
Presents
Glitter & Gold
Saturday June 4th, 2022
Show Time is 7 to 10 pm

Doors open at 6:30 pm
1560 Indian Trail Road, #109,
Norcross, GA 30093
ArtisMotion.org | (678) 577-2823 | Dance@ArtisMotion.org