

Specialty Workshops

Salsa / Bachata
Friday, June 10th
7-8 pm

Swing
Friday, June 18th
3-4 pm

Art is Motion

June 2022

Specialty Workshops

Style & Technique
Saturday, June 11th
3-4 pm

Cha Cha / Rumba
Tuesday, June 21st
8-9 pm

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

4Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	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) 6 pm Gentle Yoga	1  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 7 pm Latin Club II—(6/8)	4
5	6  6 pm Gentle Yoga	7 8:30 am Gentle Yoga NEW 7 pm Latin Club II—(8/8) 7 pm Latin Club I—(5/8) 8 pm Social Dance I—(5/8)	8 6 pm Yin Yoga	9  8:30 am Gentle Yoga 7 pm Social Dance II—(2/8) 7 pm Social Dance III—(6/8)	10 NEW 5 pm Kids Ballroom—(4/8) 7 pm Latin Club II—(7/8) 7 pm Salsa/Bachata Summer Lovin' Party 8 pm—10 pm	11 Styling & Technique Workshop 3-4 pm 
12	13 6 pm Gentle Yoga	14 8:30 am Gentle Yoga 7 pm Latin Club III—(1/8) 7 pm Latin Club I—(6/8) 8 pm Social Dance I—(6/8)	15  6 pm Yin Yoga	16 8:30 am Gentle Yoga 7 pm Social Dance II—(3/8) 7 pm Social Dance III—(7/8) 8 pm Latin Club V—(1/8)	17 5 pm Kids Ballroom—(5/8) 7 pm Latin Club II—(8/8)	18  Swing Workshop 3-4 pm
19	20 6 pm Gentle Yoga	21 8:30 am Gentle Yoga 7 pm Latin Club III—(2/8) 7 pm Latin Club I—(7/8) 8 pm Social Dance I—(7/8) 8 pm Cha Cha & Rumba	22 6 pm Yin Yoga 	23 8:30 am Gentle Yoga 7 pm Social Dance II—(4/8) 7 pm Social Dance III—(8/8) 8 pm Latin Club V—(2/8)	24 5 pm Kids Ballroom—(6/8) 7 pm Latin Club III—(1/8)	25
26	27  6 pm Gentle Yoga	28 8:30 am Gentle Yoga 7 pm Latin Club III—(3/8) 7 pm Latin Club I—(8/8) 8 pm Social Dance I—(8/8)	29 6 pm Yin Yoga	30  8:30 am Gentle Yoga 7 pm Social Dance II—(5/8) 7 pm Social Dance IV—(1/8) 8 pm Latin Club V—(3/8)	1 5 pm Kids Ballroom—(7/8) 7 pm Latin Club III—(2/8)	2

Events:

Friday, June 10th @ 7 pm—Salsa/ Bachata (\$20)

Friday, June 10 @ 8 pm—Summer Lovin' Party (\$30)

Saturday, June 11th @ 3 pm—Style & Tech (\$20)

Saturday, June 18th @ 3 pm—Swing (\$20)

Tuesday, June 21st @ 8 pm—Cha Cha/ Rumba (\$20)



Summer Lovin' Party

Friday, June 10th
Party 8 pm—10 pm
\$30

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.



Yin Yoga

Wednesdays @ 6 pm

Increase your flexibility & mobility.



Latin Club Dance I —Thursdays @ 8 pm—July 28th

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

Social Dance I —Tuesdays @ 8 pm—July 26th

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



Kids Ballroom I —Fridays @ 5 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.



Latin Club Dance Workshop

Friday, June 10th
7—8 pm
(\$20)

Join us to understand the basics of our club dances! Salsa & Bachata as well as brushing up on your skill sets to improve your dancing!

Yoga & Sound Bowls

Sunday, June 12th
6-7:30 pm (\$30) NORCROSS

All levels flow 1 hour gentle Vinyasa sequence including chakra guidance with suggestive affirmations to open the chakras to relieve stress, prepare the body to relax into stillness and open the mind to receive healing during Corrie Roberson's 30 minute sound bath.



Styling & Technique Workshop

Saturday, June 11th
3—4 pm
(\$20)

Join us to work on how to style your dances & focus on technique on some of your favorite moves!



Belly Dance Workshop

Saturday, June 18th
2— 3 pm (\$30) NORCROSS

Perfect for all experience levels including those brand new to belly dance, She'll have you groovin' to some of your favorite songs! Dress in what makes you feel good & allows you to move comfortably!

Swing Workshop

Saturday, June 18th
3—4 pm
(\$20)

Gain a solid understanding of the fundamentals of American East Coast Swing. Learn a few fun variations and get moving and grooving! Great for beginners to get a strong introduction to this dance.



Cha Cha & Rumba Workshop

Tuesday, June 21st
8—9 pm
(\$20)

Join us to understand the basics of our major dances! We will be taking a look at Cha Cha & Rumba! Great for beginners to get a strong introduction to dance!