

Dance Socials

Every 2nd Friday in Buford!
8 pm—10 pm

Last Friday in Norcross!
8:30 pm—10:30 pm

Art is Motion

August 2022













John Nyemchek

August 19th-August 21st
NORCROSS STUDIO



Grab your shoes & moves! Come work with our visiting professional dance coach. Get some great tips on your craft & choreography for any upcoming events that you would like to participate in!

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2 8:30 am Gentle Yoga  7 pm Latin Club III—(8/8) 7 pm Latin Club II—(5/8) 8 pm Social Dance II—(5/8)	3  7 pm Social Dance I—(1/8)	4 8:30 am Gentle Yoga 7 pm Social Dance IV—(6/8) 8 pm Latin Club V—(8/8)	5	6
7	8	9 8:30 am Gentle Yoga 7 pm Latin Club IV—(1/8) 7 pm Latin Club II—(6/8) 8 pm Social Dance II—(6/8)	10 7 pm Social Dance I—(2/8)	11 8:30 am Gentle Yoga 7 pm Social Dance IV—(7/8) 8 pm Latin Club VI—(1/8)	12  8—10 pm Dance Social (\$30)	13
14 6-7:30 pm Yoga & Wine (\$30) NORCROSS 	15	16 8:30 am Gentle Yoga 7 pm Latin Club IV—(2/8) 7 pm Latin Club II—(7/8) 8 pm Social Dance II—(7/8)	17 7 pm Social Dance I—(3/8)	18 8:30 am Gentle Yoga  7 pm Social Dance IV—(8/8) 8 pm Latin Club VI—(2/8)	19 John Nyemchek	20 
21  6-7:30 pm Intro to Yoga & Tai Chi (\$30) NORCROSS John Nyemchek	22	23 8:30 am Gentle Yoga 7 pm Latin Club IV—(3/8) 7 pm Latin Club II—(8/8) 8 pm Social Dance II—(8/8)	24  7 pm Social Dance I—(4/8) 8 pm Latin Club I—(1/8)	25 8:30 am Gentle Yoga 7 pm Social Dance V—(1/8) 8 pm Latin Club VI—(3/8)	26  8:30-10:30 pm Dance Social (\$30)	27  1 pm—2 pm Belly Dance Workshop
28  6-7:30 pm Waltz & Tango Workshop (\$30) NORCROSS	29	30 8:30 am Gentle Yoga  7 pm Latin Club IV—(4/8) 7 pm Latin Club III—(1/8) 8 pm Social Dance III—(1/8)	31 7 pm Social Dance I—(5/8) 8 pm Latin Club I—(2/8)	1 8:30 am Gentle Yoga 7 pm Social Dance V—(2/8) 8 pm Latin Club VI—(4/8)	2	3

Events:

Wednesday, 8/3 @ 7 pm—Social Dance I (\$160)

Friday, 8/12 @ 8 pm—Dance Social (\$30)

Wednesday, 8/24 @ 8 pm—Latin Club I (\$160)

Saturday, 8/27 @ 1 pm—Belly Dance Workshop (\$20)

Norcross Events:

Sunday, 8/14 @ 6 pm—Yoga & Wine (\$30)

Sunday, 8/21 @ 6 pm—Intro to Yoga & Tai Chi (\$30)

Sunday, 8/27 @ 6 pm—Waltz & Tango Workshop (\$30)

Friday, 8/26 @ 8:30 pm—Dance Social (\$30)



Dance Socials

Buford Location
Friday, 8/12
8:00—10:00 pm

Norcross Location
Friday, 8/26
8:30—10:30 pm

Dance Party \$30

See you there!

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

Tuesdays & Thursdays @ 8:30 am

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



Yin Yoga

Coming soon!

Increase your flexibility & mobility.



Latin Club Dance I —Wednesdays @ 8 pm—August 24th

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

Social Dance I —Wednesdays @ 7 pm—August 3rd

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

Now
Enrolling



Kids Ballroom I —Coming soon!

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

Belly Dance —Now Enrolling for Sept 2022

Beautiful, sensual and self expressive. Focus on level changes, freezes, & flow.

Kids Hip Hop — Now Enrolling for Sept 2022

Gain mastery over your self expression. Interpret the music & learn fun/trendy dance steps.

Pre-enrollment required. Classes not meeting the minimum will be postponed

Belly Dance Workshop

Saturday, August 27th

1–2 pm (\$20)



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!



John Nymcheck

Friday, August 19th—Sunday August 21st

Specialty workshops, coaching and choreography! NORCROSS

John Nymcheck began dancing at the age of 4, studying tap, jazz, Ballroom Dance, and even acting. Champion in US Amateur & Professional Dance. Check out his workshops & get some 1-on-1 coaching with him!

Intro to Yoga & Tai Chi

Sunday, August 21st

6—7:30 pm (\$30) NORCROSS



Enjoy a gentle and restorative yoga flow. Learn how the ancient practices of tai chi and qigong can benefit the lymphatic system, immune system, digestive system, nervous system along with many other physical and mental health benefits. Enjoy practicing breathing techniques, self massage, meditation, and slow paced, gentle movements to restore the body and calm the mind.

Waltz & Tango Workshop

Sunday, August 28th

6—7:30 pm (\$30) NORCROSS



Gain a solid understanding of the fundamentals of American Style Waltz and Tango. Learn how to navigate and travel these dances around the social dance floor. Great for beginners to get a strong introduction to these dances!

Dance Socials



Buford Location
Friday, August 12th
8:00—10:00 pm

Norcross Location
Friday, August 26th
8:30—10:30 pm

Come dance the night away!
Enjoy socializing, dancing, and unwinding with your favorite neighborhood studio.
\$30 (or \$20 for 1 hour)