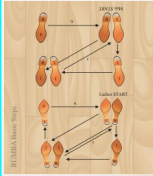


Social Dance I



Thursdays @ 8 pm
Starting August, 18th

Learn the essential basics of Rumba, Cha Cha, Swing & Foxtrot

Art is Motion

August 2022

John Nyemchek

August 19- August 21



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 7 pm Samba XVII—(6/8) 7 pm Latin Club V—(8/8) 7 pm Latin Club III—(3/8) 8 pm Latin Club IV—(4/8) 8 pm Silver Ballroom—(6/8) 9 pm Tai Chi	2 6 pm Adult Ballet—(1/5) 7 pm Yoga Core 8 pm Latin Club I—(2/8)	3 7 pm VW & QS—(7/8) 7 pm Social Dance V—(6/8) 8 pm Gentle Yoga	4 6 pm Yoga Flow 7 pm Belly Dance—(1/4) 7 pm Bronze Ballroom—(8/8)	5 8 pm Ladies Heels—(1/4)	6
7 10:30 am Stands & Twirl—(1/4)	8 7 pm Samba XVII—(7/8) 7 pm Latin Club VI—(1/8) 7 pm Latin Club III—(4/8) 8 pm Latin Club IV—(5/8) 8 pm Silver Ballroom—(7/8) 9 pm Tai Chi	9 6 pm Adult Ballet—(2/5) 7 pm Yoga Core 8 pm Latin Club I—(3/8)	10 6 pm Jazz—(1/4) 6 pm Hip Hop—(1/4) 7 pm VW & QS—(8/8) 8 pm Gentle Yoga 8 pm Musical Theater—(1/4)	11 6 pm Yoga Flow 7 pm Belly Dance—(2/4) 7 pm Bronze Ballroom—(1/8)	12 8-10 pm Buford Dance Social (\$30) 7 pm Ladies Heels—(2/4)	13
14 10:30 am Stands & Twirl—(2/4) 6-7:30 pm Yoga & Wine (\$30) YOGA & Wine	15 7 pm Samba XVII—(8/8) 7 pm Latin Club VI—(2/8) 7 pm Latin Club III—(5/8) 8 pm Latin Club IV—(6/8) 8 pm Silver Ballroom—(8/8) 9 pm Tai Chi	16 6 pm Adult Ballet—(3/5) 7 pm Yoga Core 8 pm Latin Club I—(4/8)	17 6 pm Jazz—(2/4) 6 pm Hip Hop—(2/4) 7 pm VW & QS—(1/8) 7 pm Social Dance V—(8/8) 8 pm Gentle Yoga 8 pm Musical Theater—(2/4)	18 6 pm Yoga Flow 7 pm Belly Dance—(3/4) 7 pm Bronze Ballroom—(2/8) 8 pm Social Dance I—(1/8)	19 8 pm Ladies Heels—(3/4) John Nyemchek	20
21 10:30 am Stands & Twirl—(3/4) 6-7:30 pm Intro to Yoga & Tai Chi (\$30) John Nyemchek	22 7 pm Samba XVIII—(1/8) 7 pm Latin Club VI—(3/8) 7 pm Latin Club III—(6/8) 8 pm Latin Club IV—(7/8) 8 pm Silver Ballroom—(1/8) 9 pm Tai Chi	23 6 pm Adult Ballet—(4/5) 7 pm Yoga Core 8 pm Latin Club I—(5/8)	24 6 pm Jazz—(3/4) 6 pm Hip Hop—(3/4) 7 pm VW & QS—(2/8) 7 pm Social Dance VI—(1/8) 8 pm Gentle Yoga 8 pm Musical Theater—(3/4)	25 6 pm Yoga Flow 7 pm Belly Dance—(4/4) 7 pm Bronze Ballroom—(3/8) 8 pm Social Dance I—(2/8)	26 7:30 pm Ladies Heels—(4/4) 8:30-10:30 pm Dance Social (\$30)	27
28 10:30 am Stands & Twirl—(4/4) 6-7:30 pm Waltz & Tango Workshop (\$30)	29 7 pm Samba XVIII—(2/8) 7 pm Latin Club VI—(4/8) 7 pm Latin Club III—(7/8) 8 pm Latin Club IV—(8/8) 8 pm Silver Ballroom—(2/8) 9 pm Tai Chi	30 6 pm Adult Ballet—(5/5) 7 pm Yoga Core 8 pm Latin Club I—(6/8)	31 6 pm Jazz—(4/4) 6 pm Hip Hop—(4/4) 7 pm VW & QS—(3/8) 7 pm Social Dance VI—(2/8) 8 pm Gentle Yoga 8 pm Musical Theater—(4/4)	1 6 pm Yoga Flow 7 pm Belly Dance—(1/4) 7 pm Bronze Ballroom—(4/8) 8 pm Social Dance I—(3/8)	2 8 pm Ladies Heels—(1/4)	3

Events:

Wed, 8/10 @ 6 pm—Jazz - \$20

Wed, 8/10 @ 7 pm—Hip Hop - \$20

Wed, 8/10 @ 8 pm—Musical Theater - \$20

Fri, 8/12 @ 8 pm—Buford Dance Party - \$30

Sun, 8/14 @ 6 pm—Yoga & Wine - \$30

Sun, 8/21 @ 6 pm—Intro Yoga & Tai Chi - \$30

Fri, 8/26 @ 8:30 pm—Dance Social - \$30

Sun, 8/28 @ 6 pm—Tango & Waltz - \$30



Dance Socials

Buford Location Norcross Location
Friday, 8/12 Friday, 8/26
8:00—10:00 pm 8:30—10:30 pm

Dance Party \$30

See you there!

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"

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 — Tuesdays @ 7 pm | Wednesdays @ 8 pm | Thursdays @ 6 pm

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

Tai Chi — Mondays @ 9 pm

Enjoy practicing slow paced, gentle movements to restore the body and calm the mind.

Latin Club Dance I — Now Enrolling for September 2022

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

Social Dance I — Now Enrolling for Thursday, August 18th

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



Ballet—Tuesdays @ 6 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 Jazz — Wednesdays @ 6 pm

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



Kids Hip Hop — Wednesdays @ 7 pm

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

Musical Theater — Wednesdays @ 8 pm

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

Belly Dance — Thursdays @ 7 pm

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

Ladies Heels — Fridays @ 8 pm

Find your inner Goddess, build confidence & feel amazing!



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



Yoga & Wine
Sunday, August 14th
6 pm—7:30 pm (\$30)

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



John Nymcheck

Friday, August 19th—Sunday August 21st

Specialty workshops, coaching and choreography!

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)



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)



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)