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# Art is Motion

## November 2022

### Denim & Diamonds Showcase



December 3rd  
6 - 9:30 pm  
Tickets: \$25  
until Nov. 27th

Come cheer on your fellow dance-mates as they show you what they've been working on! Get your tickets now! Seating is limited

678-577-2823 | <https://ArtsMotion.org> | 1560 Indian Trail Road, # 109, Norcross, GA 30093

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31 7 pm Samba XVIII—(8/8) 7 pm Latin Club VII—(5/8) 8 pm Latin Club VI—(1/8) 8 pm Silver Ballroom—(2/8)	1 8 pm Latin Club II—(7/8) 9 pm Ladies Night—(9/12)	2 7 pm VW & QS—(2/8) 8 pm Gentle Yoga 9 pm Ladies Heels—(4/4)	3 6 pm Yoga Flow 7 pm Belly Dance—(1/4) 7 pm Bronze Ballroom—(5/8) 7 pm Latin Club I—(4/8) 8 pm Social Dance I—(4/8)	4	5 3 pm Gentle Yoga
6	7 7 pm Samba XIX—(1/8) 7 pm Latin Club VII—(6/8) 8 pm Latin Club VI—(2/8) 8 pm Silver Ballroom—(3/8) 9 pm Tai Chi	8 3 pm Gentle Yoga 8 pm Latin Club II—(8/8) 9 pm Ladies Night—(10/12)	9 7 pm VW & QS—(2/8) 8 pm Gentle Yoga 9 pm Ladies Heels—(1/4)	10 6 pm Yoga Flow 7 pm Belly Dance—(2/4) 7 pm Bronze Ballroom—(6/8) 7 pm Latin Club I—(5/8) 8 pm Social Dance I—(5/8)	11 3 pm Gentle Yoga 8:30-10:30 pm Dance Social—\$30 BUFORD	12
13 NEW	14 7 pm Samba XIX—(2/8) 7 pm Latin Club VII—(7/8) 8 pm Latin Club VI—(3/8) 8 pm Silver Ballroom—(4/8) 9 pm Tai Chi	15 3 pm Gentle Yoga 8 pm Latin Club III—(1/8) 9 pm Ladies Night—(11/12)	16 7 pm VW & QS—(2/8) 8 pm Gentle Yoga 9 pm Ladies Heels—(2/4)	17 6 pm Yoga Flow 7 pm Belly Dance—(3/4) 7 pm Bronze Ballroom—(7/8) 7 pm Latin Club I—(6/8) 8 pm Social Dance I—(6/8)	18 3 pm Gentle Yoga	19 Meditation Meetup w/ Che Che 7:30—9pm NEW
20 3 pm Latin Club I—(1/8) 6-7:30 pm Yoga & Wine YOGA & WINE	21 7 pm Samba XIX—(3/8) 7 pm Latin Club VII—(8/8) 8 pm Latin Club VI—(4/8) 8 pm Silver Ballroom—(5/8) 9 pm Tai Chi	22 3 pm Gentle Yoga 8 pm Latin Club III—(2/8) 9 pm Ladies Night—(12/12)	23 7 pm VW & QS—(2/8) 8 pm Gentle Yoga 9 pm Ladies Heels—(3/4)	24 HAPPY THANKSGIVING!	25 3 pm Gentle Yoga	26
27 3 pm Latin Club I—(2/8) To Be Determined	28 7 pm Samba XIX—(4/8) 7 pm Latin Club VIII—(1/8) 8 pm Latin Club VI—(5/8) 8 pm Silver Ballroom—(6/8) 9 pm Tai Chi	29 3 pm Gentle Yoga 8 pm Latin Club III—(3/8) 9 pm Ladies Night—(7/12)	30 7 pm VW & QS—(1/8) 8 pm Gentle Yoga 9 pm Ladies Heels—(4/4)	1 6 pm Yoga Flow 7 pm Belly Dance—(1/4) 7 pm Bronze Ballroom—(8/8) 7 pm Latin Club I—(7/8) 8 pm Social Dance I—(7/8)	2	Denim & Diamonds Showcase poster

### New Classes:

Sun, 11/20 @ 3 pm— Latin Club Dance I

Now Enrolling:

Tai Chi

Adult Ballet

Yoga

Ladies Heels

Belly Dance



### Dance Socials

Buford Location

Friday, 11/11

8:30—10:30 pm

Dance Party \$30

### 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** — 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** — Thursdays at 7 pm

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

### **Social Dance I** — Thursdays at 8 pm

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

### **Belly Dance** — Thursdays @ 7 pm

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

### **Ladies Heels** — Wednesdays @ 9 pm

Find your inner Goddess, build confidence & feel amazing!



## Meditation Meetup with Che Che

**Saturday, November 19th**

**7:30—9 pm**



This is a safe space for peace seekers on their spiritual journey open to meeting other peace seekers on their path to enlightenment. A monthly reunion of spiritual enthusiasts in reflection of the full moon and the lunar cycles of our lives. In addition to intuitive coaching on energy & astrology, these sessions include breath work, stretching, group meditation and group chat which aides in group healing. Bring your yoga mat, journal, water and your good energy. Light refreshments provided.



## YOGA & Wine

**Yoga & Wine**  
Sunday, November 20th  
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.

## Dance Social

BUFORD STUDIO

**Friday, November 11th**  
8:30—10:30 pm

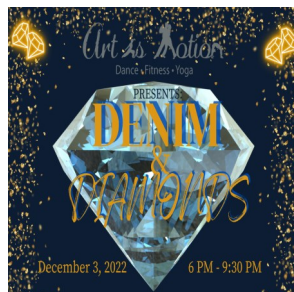


Come dance the night away! Enjoy socializing, dancing, and unwinding with your favorite neighborhood studio. \$30 (or \$20 for 1 hour)

## Denim & Diamonds

**Saturday, December 3rd**  
6—9:30 pm

Come see what the students have been working on! Get some social dancing in & get your tickets early! Seating is limited!  
Price: \$25 until November 26th  
\$30 November 27th—December 2nd  
\$35 December 3rd



## Latin Club Dance I

**Sundays at 3 pm**  
(enroll early and save \$12)

Gain a solid understanding of the essential fundamentals of Salsa, Bachata and Merengue.

Learning to move to this upbeat, feel good music is a great way to connect with others and get some fun cardio. Great for beginners!

