

## Rosendo Fumero

December 29 – January 2



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!

# Art is Motion

## January 2023

## New Year's Beginner Classes

Samba I—Tues, 1/10 @ 7 pm

A lively, rhythmic Afro-Brazilian dance. Today a versatile, popular partnership dance.

Social Dance I—Sun, 1/15 @ 4 pm

Foxtrot, Swing, Rumba, Cha Cha

Latin Club Dance I—Tues, 1/24 @ 8 pm

Salsa, Bachata, Merengue

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

| Sun  | Mon   | Tue  | Wed  | Thu  | Fri  | Sat  |
|--|---|--|--|--|--|--|
| 1<br>  | 2<br><br>7 pm Samba Perf—(1/8)<br>7 pm Latin Club VIII—(6/8)<br>8 pm Latin Club VII—(2/8)<br>8 pm Silver Ballroom—(3/8)<br>9 pm Tai Chi                             | 3  | 4<br>1 pm Gentle Yoga<br>7 pm VW & QS—(1/8)<br>8 pm Gentle Yoga<br><br>9 pm Femme Feels—(1/4)  | 5<br>6 pm Bronze Ballroom—(5/8)<br>7 pm Latin Club II—(4/8)<br>7 pm Yoga Flow<br>7 pm Belly Dance—(1/4)<br>8 pm Adult Hip Hop—(1/4)<br>8 pm Social Dance II—(4/8)      | 6<br>1 pm Gentle Yoga<br><br>Meditation Meet Up w/ Che Che 7:30-9pm NORCROSS | 7<br><br>Meditation Meet Up w/ Che Che 7:30-9pm NORCROSS |
| 8<br>3 pm Latin Club I—(3/8)                                   | 9<br>6 pm Ladies Night —(1/16)<br>7 pm Samba Perf—(2/8)<br>7 pm Latin Club VIII—(7/8)<br>8 pm Latin Club VII—(3/8)<br>8 pm Silver Ballroom—(4/8)<br>9 pm Tai Chi    | 10<br>6 pm Adult Ballet—(2/5)<br>7 pm Gentle Yoga<br><br>7 pm Samba I—(1/8)<br>8 pm Latin Club IV—(1/8)                            | 11<br>1 pm Gentle Yoga<br>7 pm VW & QS—(2/8)<br>8 pm Gentle Yoga<br>9 pm Femme Feels—(2/4)     | 12<br><br>6 pm Bronze Ballroom—(6/8)<br>7 pm Latin Club II—(5/8)<br>7 pm Yoga Flow<br>7 pm Belly Dance—(2/4)<br>8 pm Adult Hip Hop—(2/4)<br>8 pm Social Dance II—(5/8) | 13<br>1 pm Gentle Yoga<br><br>BUFORD Dance Social 8:30—10:30 pm \$30         | 14   |
| 15<br>3 pm Latin Club I—(4/8)<br>4 pm Social Dance I—(1/8)<br> | 16<br>6 pm Ladies Night —(2/16)<br>7 pm Samba Perf—(3/8)<br>7 pm Latin Club VIII—(8/8)<br>8 pm Latin Club VII—(4/8)<br>8 pm Silver Ballroom—(5/8)<br>9 pm Tai Chi   | 17<br><br>6 pm Adult Ballet—(3/5)<br>7 pm Gentle Yoga<br>7 pm Samba I—(2/8)<br>8 pm Latin Club IV—(2/8)                            | 18<br>1 pm Gentle Yoga<br><br>7 pm VW & QS—(3/8)<br>8 pm Gentle Yoga<br>9 pm Femme Feels—(3/4) | 19<br>6 pm Bronze Ballroom—(7/8)<br>7 pm Latin Club II—(6/8)<br>7 pm Yoga Flow<br>7 pm Belly Dance—(3/4)<br>8 pm Adult Hip Hop—(3/4)<br>8 pm Social Dance II—(6/8)     | 20<br>1 pm Gentle Yoga   | 21   |
| 22<br>3 pm Latin Club I—(5/8)<br>4 pm Social Dance I—(2/8)     | 23<br>6 pm Ladies Night —(3/16)<br>7 pm Samba Perf—(4/8)<br>7 pm Latin Club IX—(1/8)<br>8 pm Latin Club VII—(5/8)<br>8 pm Silver Ballroom—(6/8)<br>9 pm Tai Chi     | 24<br><br>6 pm Adult Ballet—(4/5)<br>7 pm Gentle Yoga<br>7 pm Samba I—(3/8)<br>8 pm Latin Club I—(1/8)<br>8 pm Latin Club IV—(3/8) | 25<br>1 pm Gentle Yoga<br>7 pm VW & QS—(4/8)<br>8 pm Gentle Yoga<br>9 pm Femme Feels—(4/4)     | 26<br>6 pm Bronze Ballroom—(8/8)<br>7 pm Latin Club II—(7/8)<br>7 pm Yoga Flow<br>7 pm Belly Dance—(4/4)<br>8 pm Adult Hip Hop—(4/4)<br>8 pm Social Dance II—(7/8)     | 27<br>1 pm Gentle Yoga<br><br>NORCROSS Dance Social 8:30—10:30 pm \$30       | 28   |
| 29<br>3 pm Latin Club I—(6/8)<br>4 pm Social Dance I—(3/8)     | 30<br><br>6 pm Ladies Night —(3/16)<br>7 pm Samba Perf—(4/8)<br>7 pm Latin Club IX—(1/8)<br>8 pm Latin Club VII—(5/8)<br>8 pm Silver Ballroom—(6/8)<br>9 pm Tai Chi | 31<br>6 pm Adult Ballet—(5/5)<br>7 pm Gentle Yoga<br>7 pm Samba I—(4/8)<br>8 pm Latin Club I—(2/8)<br>8 pm Latin Club IV—(4/8)     | 1<br>1 pm Gentle Yoga<br>7 pm VW & QS—(5/8)<br>8 pm Gentle Yoga<br>9 pm Femme Feels—(1/4)      | 2<br>6 pm Bronze Ballroom—(1/8)<br>7 pm Latin Club II—(8/8)<br>7 pm Yoga Flow<br>7 pm Belly Dance—(1/4)<br>8 pm Adult Hip Hop—(1/4)<br>8 pm Social Dance II—(8/8)      | 3<br>1 pm Gentle Yoga<br>  | 4  |

## New Classes:

Mon, 1/9 @ 6 pm— Ladies Night Perf Group  
Tues, 1/10 @ 7 pm— Samba I  
Sun, 1/15 @ 4 pm— Social Dance I  
Tues, 1/24 @ 8 pm— Latin Club Dance I

### Now Enrolling:

Tai Chi  
Adult Ballet  
Gentle Yoga  
Femme Feels  
Belly Dance  
Adult Hip Hop



### Buford Dance Social

January 13th  
8:30 - 10:30 pm  
\$30

### Norcross Dance Social

January 27th  
8:30—10:30 pm  
\$30

### Group Courses:

8 weeks—\$160

(Early enrollment \$148)

4 weeks—\$80 | 5 weeks—\$100

(Early enrollment \$74 | 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 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—\$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 @ 1 pm & 8 pm  
Thursdays @ 7 pm | Fridays @ 1 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.



**Ballet** — Tuesdays @ 6 pm

Learn the basics of dance & work on stature and poise.



**Samba I** — Tuesdays @ 7 pm—Starts 1/10

A lively, rhythmical Afro-Brazilian dance. Today a versatile, popular partnership dance.



**Latin Club Dance I** — Tuesdays @ 8 pm—Starts 1/24

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



**Femme Feels** — Wednesdays @ 9 pm

Build intuitive expression, feminine movement and connect to the body.



**Belly Dance** — Thursdays @ 7 pm

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



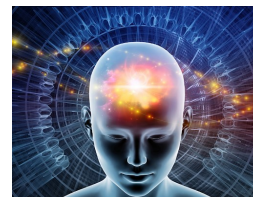
**Hip Hop** — Thursdays @ 8 pm

Let loose and find your groove. Vibe to some recent hits and old jams.



**Social Dance I** — Sundays @ 4 pm—Starts 1/15

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



## Meditation Meetup with Che Che

**Saturday, January 7th**  
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.



## Social Dance I

**Sundays @ 4 pm January 15th**  
(enroll early and save \$12)

Gain a solid understanding of the fundamentals of American Style Cha Cha, Rumba, Swing and Foxtrot. Learn the essential basics for social events, weddings, cruises and holiday parties. Feel comfortable and at ease navigating the dance floor. Great for beginners!

## Latin Club Dance I

**Tuesdays @ 8 pm January 24th**  
(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!



## Dance Socials

**BUFORD STUDIO**  
**Friday, January 13th**  
8:30 —10:30 pm

**NORCROSS STUDIO**  
**Friday, January 27th**  
8:30—10:30 pm

Practice your dance skills! Whether you are a beginner, intermediate or advanced dancer—you still need practical application. And dancing with others that share your enthusiasm is super FUN! \$30 Admission includes refreshments and appetizers!