

New Classes

Simply Swing I—Sundays @ 2 pm
NOW ENROLLING

WC Swing I—Sundays @ 3pm
NOW ENROLLING

Please call or text 678-577-2823 or
email dance@artismotion.org*

Art is Motion

February 2024

New Classes

Social Dance I—Mondays @ 8 pm
Foxtrot, Swing, Rumba, Cha Cha

Latin Club Dance I—Tuesdays @ 7 pm
Salsa, Bachata & Merengue

Please call or text 678-577-2823 or email
dance@artismotion.org*

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30 8 am Gentle Yoga 7 pm Latin Club II—(8/8) 8 pm Latin Club V—(5/8) 8 pm Latin Club I—(4/8)	31	1 8 am Gentle Yoga 7 pm Bronze Ballroom—(5/8) 8 pm Latin Club Perf—(2/8)	2	3
4 NEW	5 6 pm Hip Hop—(1/4) 7 pm Social Dance I—(5/8) 7 pm Social Dance II—(7/8) 8 pm Social Dance I—(1/8)	6 8 am Gentle Yoga NEW 7 pm Latin Club I—(1/8) 7 pm Latin Club III—(1/8) 8 pm Latin Club V—(6/8) 8 pm Latin Club I—(5/8)	7 Happy Valentine's Day	8 8 am Gentle Yoga 7 pm Bronze Ballroom—(6/8) 8 pm Latin Club Perf—(3/8)	9	10
11 2 pm WC Swing—(1/8) 3 pm Swing Basic I—(1/8)	12 6 pm Hip Hop—(2/4) 7 pm Social Dance I—(6/8) 7 pm Social Dance II—(8/8) 8 pm Social Dance I—(2/8)	13 8 am Gentle Yoga 7 pm Latin Club I—(2/8) 7 pm Latin Club III—(2/8) 8 pm Latin Club I—(6/8) 9 pm Latin Club V—(7/8)	14	15 8 am Gentle Yoga 7 pm Bronze Ballroom—(7/8) 8 pm Latin Club Perf—(4/8)	16 8-10 pm After Dinner Dessert Dance Party (NORCROSS) Before Feb 1st: \$50 After Feb 1st: \$65	17
18 2 pm WC Swing—(2/8) 3 pm Swing Basic I—(2/8)	19 6 pm Hip Hop—(3/4) 7 pm Social Dance I—(7/8) 7 pm Social Dance III—(1/8) 8 pm Social Dance I—(3/8)	20 8 am Gentle Yoga 7 pm Latin Club I—(3/8) 7 pm Latin Club III—(3/8) 8 pm Latin Club I—(7/8) 9 pm Latin Club V—(8/8)	21	22 8 am Gentle Yoga 7 pm Bronze Ballroom—(8/8) 8 pm Latin Club Perf—(5/8)	23	24
25 2 pm WC Swing—(3/8) 3 pm Swing Basic I—(3/8)	26 6 pm Hip Hop—(4/4) 7 pm Social Dance I—(8/8) 7 pm Social Dance III—(2/8) 8 pm Social Dance I—(4/8)	27 8 am Gentle Yoga 7 pm Latin Club I—(4/8) 7 pm Latin Club III—(4/8) 8 pm Latin Club V—(1/8) 8 pm Latin Club I—(8/8)	28	29 8 am Gentle Yoga 7 pm Bronze Ballroom—(1/8) 8 pm Latin Club Perf—(6/8)	1	2

Now Enrolling:

West Coast Swing I—Sundays
Swing Basics I—Sundays
Gentle Yoga—Tuesdays & Thursdays
Social Dance I—Mondays
Hip Hop—Mondays
Latin Club Dance I—Tuesdays

After Dinner Dessert Dance Party



Friday, February 16th

8-10 pm

Before Feb 1st: \$50

After Feb 1st: \$65

Group Courses:

8 weeks—\$175

(Early enrollment \$160—7 or more days PRIOR)

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

*Please enroll for all classes in advance.
Classes not meeting the minimum enrollment
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"

Please enroll for all classes in advance. Classes not meeting minimum enrollment will be postponed.

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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



Gentle Yoga

Tuesdays & Thursdays @ 8 am

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

Kids Dance —Now Enrolling

Hip Hop, Jazz and Creative movement mixture. Learn fun & trendy dance steps.



NORCROSS STUDIO EVENTS BELOW

After Dinner Dessert Dance Party

Friday, February 16th

8-10 pm

**BEFORE FEB 1ST— \$50
AFTER FEB 1ST — \$65**



Please join your AIM dance family for a fun celebration of love & dance!

Join us for a wonderful date night full of delicious sweets and fun times with friends & loved ones. We look forward to seeing you there! Get your tickets now!



Social Dance I

Monday, February 5th @ 8 pm
(enroll early and save \$15)

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.

Latin Club Dance I

Tuesday, February 6th @ 7 pm
(enroll early and save \$15)

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!



Simply Swing I

Sundays @ 2 pm February 11th
(enroll early and save \$15)

The timeless East Coast Swing, the most common style of swing, is upbeat, fun, happy and social. It is as versatile as it is energetic. Dancers maintain tight steps for control and dance in a circular fashion. The variety of music is extremely varied.

West Coast Swing I

Sundays @ 3 pm February 11th
(enroll early and save \$15)



West Coast Swing originally derived from Lindy Hop and designed to accommodate slower music tempos has a distinctive elastic look that results from its basic extension-compression technique of partner connection, and is danced in a slot.