

## After Dinner Dessert Dance Party

**February 16th  
8 pm—10 pm**

Join us for a wonderful date night full of delicious sweets and fun times with friends & loved ones.

**Tickets on Sale now**  
Before Feb 1st: \$50  
After Feb 1st: \$65

# Art is Motion

## February 2024

### Beginner Classes

**Latin Club Dance I—NOW ENROLLING**

Salsa, Bachata & Merengue

**Social Dance I—February 12-15**

Foxtrot, Swing, Rumba, Cha Cha

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

### Now Enrolling:

Tai Chi

Gentle Yoga

Adult Hip Hop

Belly Dance

Yoga Flow

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

| Sun  | Mon  | Tue   | Wed  | Thu   | Fri  | Sat  |
|--|--|---|--|---|--|--|
| <b>28</b> <br>2 pm Social Dance VI—(6/8)<br>3 pm Latin Club II—(7/8)<br><b>Rosendo Fumero</b> | <b>29</b><br>6 pm Samba Perf—(3/8)<br>7 pm Silver Ballroom—(3/8)<br>7 pm Latin Club I—(3/8)  | <b>30</b><br>7 pm Social Dance IV—(2/8)   | <b>31</b> <br>7 pm VW & QS—(5/8)<br>7 pm Belly Dance—(4/4)<br>8 pm Hip Hop—(4/4)                              | <b>1</b><br>8 pm Social Dance VIX—(1/8)   | <b>2</b>   | <b>3</b>   |
| <b>4</b><br>2 pm Social Dance VI—(7/8)<br>3 pm Latin Club II—(8/8)   | <b>5</b> <br>6 pm Samba Perf—(4/8)<br>7 pm Silver Ballroom—(4/8)<br>7 pm Latin Club I—(4/8)<br>8 pm Gentle Yoga—(1/4) | <b>6</b><br>7 pm Social Dance IV—(3/8)  | <b>7</b> <br>7 pm VW & QS—(6/8)<br>7 pm Belly Dance—(1/4)<br>8 pm Hip Hop—(1/4)                               | <b>8</b><br>8 pm Social Dance VIX—(2/8)   | <b>9</b>   | <b>10</b>  |
| <b>11</b> <br>2 pm Social Dance VI—(8/8)<br>3 pm Latin Club III—(1/8)                         | <b>12</b><br>6 pm Samba Perf—(5/8)<br>7 pm Silver Ballroom—(5/8)<br>7 pm Latin Club I—(5/8)<br>7 pm Social Dance I—(1/8)<br>8 pm Gentle Yoga—(2/4)   | <b>13</b> <br>7 pm Social Dance IV—(4/8) | <b>14</b> <br>7 pm VW & QS—(7/8)<br>7 pm Social Dance I—(1/8)<br>7 pm Belly Dance—(2/4)<br>8 pm Hip Hop—(2/4) | <b>15</b> <br>7 pm Social Dance I—(1/8)<br>8 pm Social Dance VIX—(3/8) | <b>16</b> <br>8-10 pm<br><b>After Dinner Dessert Dance Party</b><br>Before Feb 1st: \$50<br>After Feb 1st: \$65 | <b>17</b>  |
| <b>18</b> <br>2 pm Social Dance VII—(1/8)<br>3 pm Latin Club III—(2/8)                      | <b>19</b><br>6 pm Samba Perf—(6/8)<br>7 pm Silver Ballroom—(6/8)<br>7 pm Latin Club I—(6/8)<br>7 pm Social Dance I—(2/8)<br>8 pm Gentle Yoga—(3/4)   | <b>20</b><br>7 pm Social Dance IV—(5/8)   | <b>21</b><br>7 pm VW & QS—(8/8)<br>7 pm Social Dance I—(2/8)<br>7 pm Belly Dance—(3/4)<br>8 pm Hip Hop—(3/4)   | <b>22</b><br>7 pm Social Dance I—(2/8)<br>8 pm Social Dance VIX—(4/8)   | <b>23</b>  | <b>24</b>  |
| <b>25</b><br>2 pm Social Dance VII—(2/8)<br>3 pm Latin Club III—(3/8)  | <b>26</b><br>6 pm Samba Perf—(7/8)<br>7 pm Silver Ballroom—(7/8)<br>7 pm Latin Club I—(7/8)<br>7 pm Social Dance I—(3/8)<br>8 pm Gentle Yoga—(4/4)   | <b>27</b> <br>7 pm Social Dance IV—(6/8) | <b>28</b><br>7 pm VW & QS—(1/8)<br>7 pm Social Dance I—(3/8)<br>7 pm Belly Dance—(4/4)<br>8 pm Hip Hop—(4/4)   | <b>29</b><br>7 pm Social Dance I—(3/8)<br>8 pm Social Dance VIX—(5/8)   | <b>1</b>   | <b>2</b>   |

## 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 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

**\*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"*

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

Please call or text 678-577-2823 or email [dance@artismotion.org](mailto:dance@artismotion.org)

### 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 — Mondays @ 8 pm** Call to enroll

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



#### **Tai Chi —TBD** Call to enroll

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



#### **Belly Dance —Wednesdays @ 7 pm** Call to enroll

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



#### **Hip Hop — Wednesdays @ 8 pm** Call to enroll

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



### Benefits of Dance

Anti aging—Dancing helps keep you both young at heart and well as physically. Dance benefits your cardiovascular system as it increases lung capacity. It builds strength and flexibility both mentally and physically. Other benefits are:

Find your confidence and build self-esteem.

Express yourself through movement.

Aides with weight loss.

Improves coordination and posture.

Practice mindfulness and happiness.

Feel fulfillment.

You will meet more nice people with enthusiasm for life and fun than any other social activity.



### Social Dance I

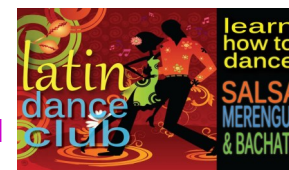
**February 12-15**  
(enroll early and save \$15)

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

**NOW ENROLLING!!**  
(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!



## 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!

