



Rosendo Fumero

January 26-28th
Schedule your private
coaching!

Work on choreography for the upcoming
June 8th "Fun in the Sun" Showcase or
enhance your technique and styling. Pre-
enrollment for specialty workshops
required! Ask your instructor!

Art is Motion

January 2024

Beginner Classes

Social Dance I—Mondays @ 7 pm

Foxtrot, Swing, Rumba, Cha Cha

Latin Club Dance I—Tuesdays @ 8 pm

Salsa, Bachata & Merengue

West Coast Swing I—Now Enrolling!

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 |
|---|--|--|---|--|-----|-----|
|  | | 2  8 am Gentle Yoga 7 pm Latin Club I—(5/8) 7 pm Latin Club II—(4/8) 8 pm Latin Club V—(1/8) | 3 | 4  8 am Gentle Yoga 7 pm Bronze Ballroom—(8/8) | 5 | 6 |
| 7  | 8  7 pm Social Dance I—(1/8) 7 pm Social Dance II—(3/8) 8 pm Social Dance III—(1/8) | 9  8 am Gentle Yoga 7 pm Latin Club I—(6/8) 7 pm Latin Club II—(5/8) 8 pm Latin Club V—(2/8) 8 pm Latin Club I—(1/8) | 10   | 11  8 am Gentle Yoga 7 pm Bronze Ballroom—(1/8) | 12 | 13 |
| 14 | 15  7 pm Social Dance I—(2/8) 7 pm Social Dance II—(4/8) 8 pm Social Dance III—(2/8) | 16  8 am Gentle Yoga 7 pm Latin Club I—(7/8) 7 pm Latin Club II—(6/8) 8 pm Latin Club V—(3/8) 8 pm Latin Club I—(2/8) | 17 | 18  8 am Gentle Yoga 7 pm Bronze Ballroom—(2/8) | 19 | 20 |
| 21 | 22  7 pm Social Dance I—(3/8) 7 pm Social Dance II—(5/8) 8 pm Social Dance III—(3/8) | 23  8 am Gentle Yoga 7 pm Latin Club I—(8/8) 7 pm Latin Club II—(7/8) 8 pm Latin Club V—(4/8) 8 pm Latin Club I—(3/8) | 24 | 25  7 pm Bronze Ballroom—(3/8) | 26 | 27 |
| 28 | 29  7 pm Social Dance I—(4/8) 7 pm Social Dance II—(6/8) 8 pm Social Dance III—(4/8) | 30  8 am Gentle Yoga 7 pm Latin Club II—(1/8) 7 pm Latin Club II—(8/8) 8 pm Latin Club V—(5/8) 8 pm Latin Club I—(4/8) | 31 | 1  7 pm Bronze Ballroom—(4/8) | 2 | 3 |

Now Enrolling:

Country 2-Step I — TBD
Gentle Yoga — Tuesdays & Thursdays
Social Dance I — Mondays
Latin Club Dance I — Tuesdays
West Coast Swing I — TBD
Kids Dance — TBD

AIM Dance Challenge



Saturday, January 27th
2-6 pm

Spectate ALL—\$40
Spectate Half—\$20
Participants—\$165 +

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.
 Please call or text 678-577-2823 or email 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



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.



Social Dance I

Monday, January 8th @ 7 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, January 9th @ 8 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!



NORCROSS STUDIO EVENTS BELOW



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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.

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.

AIM Dance Challenge



Saturday, January 27th

2-6 pm

Spectate ALL—\$40

Spectate Half —\$20

Participants—\$165
 (additional entries \$20 each)

Please join your AIM dance family for a fun and friendly competition training event!

Expect to learn all about dancesport competitions or gain a wider understanding in your very own safe and fun home dance studio space. Includes explanatory symposium, friendly simulated competition and follow up constructive feedback.

