



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

Latin Club Dance I—January 15th
Salsa, Bachata & Merengue

Social Dance I—January 18th
Foxtrot, Swing, Rumba, Cha Cha

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

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		2  7 pm Social Dance III—(6/8)	3 7 pm VW & QS—(1/8)	4 8 pm Social Dance VIII—(5/8)	5	6
7 2 pm Social Dance VI—(3/8) 3 pm Latin Club II—(4/8)	8  6 pm Samba Perf—(8/8) 7 pm Silver Ballroom—(8/8) 8 pm Gentle Yoga—(1/4) 9 pm Latin Club XII—(8/8)	9 7 pm Social Dance III—(7/8)	10  7 pm VW & QS—(2/8) 7 pm Belly Dance—(1/4) 8 pm Hip Hop—(1/4)	11 8 pm Social Dance VIII—(6/8)	12	13
14 2 pm Social Dance VI—(4/8) 3 pm Latin Club II—(5/8)	15  6 pm Samba Perf—(1/8) 7 pm Silver Ballroom—(1/8) 8 pm Latin Club I—(1/8) 8 pm Gentle Yoga—(2/4) 9 pm Latin Club XIII—(1/8)	16 7 pm Social Dance III—(8/8)	17 7 pm VW & QS—(3/8) 7 pm Belly Dance—(2/4) 8 pm Hip Hop—(2/4)	18  7 pm Social Dance I—(1/8) 8 pm Social Dance VIII—(7/8)	19	20
21 2 pm Social Dance VI—(5/8) 3 pm Latin Club II—(6/8)	22 6 pm Samba Perf—(2/8) 7 pm Silver Ballroom—(2/8) 8 pm Latin Club I—(2/8) 8 pm Gentle Yoga—(3/4) 9 pm Latin Club XIII—(2/8)	23 7 pm Social Dance IV—(1/8)	24  7 pm VW & QS—(4/8) 7 pm Belly Dance—(3/4) 8 pm Hip Hop—(3/4)	25 7 pm Social Dance I—(2/8) 8 pm Social Dance VIII—(8/8)	26 Rosendo Fumero 	27  2-6 pm AIM Dance Challenge
28  2 pm Social Dance VI—(6/8) 3 pm Latin Club II—(7/8) Rosendo Fumero	29 6 pm Samba Perf—(3/8) 7 pm Silver Ballroom—(3/8) 8 pm Latin Club I—(3/8) 8 pm Gentle Yoga—(4/4) 9 pm Latin Club XIII—(3/8)	30 7 pm Social Dance IV—(2/8)	31 7 pm VW & QS—(5/8) 7 pm Belly Dance—(4/4) 8 pm Hip Hop—(4/4)	1  7 pm Social Dance I—(3/8) 8 pm Social Dance VIX—(1/8)	2	3

Now Enrolling:

Tai Chi
Gentle Yoga
Adult Hip Hop
Belly Dance
Yoga Flow

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 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

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.



Social Dance I

Thursday, January 18th @ 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

Monday, January 15th @ 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



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.



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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.