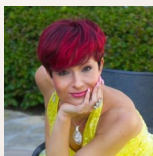


Train with the Champions



May 8th
NORCROSS STUDIO

Book now for a chance to work with Kasia Kozak. You can work with her on choreography and/or technique.

Art is Motion

April 2024

Beginner Classes

Social Dance I—Sundays @ 3 pm,
Wednesdays @ 8 pm
Foxtrot, Swing, Rumba, Cha Cha

Latin Club I—Tuesdays @ 8 pm
Salsa, Bachata & Merengue

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

Now Enrolling:

Simply Swing I—Sundays

Gentle Yoga — Tuesdays & Thursdays

Social Dance I — Mondays & Wednesdays

Hip Hop — Mondays

Latin Club Dance I — Tuesdays

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NO HIP HOP CLASS 7 pm Social Dance II—(5/8) 8 pm Social Dance I—(5/8)	2 8 am Gentle Yoga  7 pm Latin Club II—(1/8) 7 pm Latin Club IV—(1/8) 8 pm Latin Club VI—(6/8)	3  7 pm Social Dance I—(4/8)	4 8 am Gentle Yoga 7 pm Bronze Ballroom—(5/8) 8 pm Latin Club Perf—(1/8)	5  Spring Break Bash Dance Party 8-10 pm NORCROSS STUDIO	6
7	8 6 pm Hip Hop—(1/4) 7 pm Social Dance II—(6/8) 8 pm Social Dance I—(6/8)	9 8 am Gentle Yoga  7 pm Latin Club II—(2/8) 7 pm Latin Club IV—(2/8) 8 pm Latin Club VI—(7/8)	10  7 pm Social Dance I—(5/8)	11 8 am Gentle Yoga 7 pm Bronze Ballroom—(6/8) 8 pm Latin Club Perf—(2/8)	12	Event Space available for RENT
14	15 6 pm Hip Hop—(2/4) 7 pm Social Dance II—(7/8) 8 pm Social Dance I—(7/8)	16 8 am Gentle Yoga  7 pm Latin Club II—(3/8) 7 pm Latin Club IV—(3/8) 8 pm Latin Club VI—(8/8) 8 pm Latin Club I—(1/8)	17 7 pm Social Dance I—(6/8)	18 8 am Gentle Yoga 7 pm Bronze Ballroom—(7/8) 8 pm Latin Club Perf—(3/8)	19	
21 	22 6 pm Hip Hop—(3/4) 7 pm Social Dance II—(8/8) 8 pm Social Dance I—(8/8)	23 8 am Gentle Yoga  7 pm Latin Club II—(4/8) 7 pm Latin Club IV—(4/8) 8 pm Latin Club VII—(1/8) 8 pm Latin Club I—(2/8)	24 7 pm Social Dance I—(7/8) 8 pm Social Dance I—(1/8)	25 8 am Gentle Yoga 7 pm Bronze Ballroom—(8/8) 8 pm Latin Club Perf—(4/8)	26	27
28  3 pm Social Dance I—(1/8)	29 6 pm Hip Hop—(4/4) 7 pm Social Dance III—(1/8) 8 pm Social Dance II—(1/8)	30 8 am Gentle Yoga 7 pm Latin Club II—(5/8) 7 pm Latin Club IV—(5/8) 8 pm Latin Club VII—(2/8) 8 pm Latin Club I—(3/8)	1 7 pm Social Dance I—(8/8) 8 pm Social Dance I—(2/8)	2 8 am Gentle Yoga  7 pm Bronze Ballroom—(1/8) 8 pm Latin Club Perf—(5/8)	3	4  BUFORD STUDIO 6-8 pm

Spring Break Bash



Friday, April 5th
8-10 pm
\$25

NORCROSS STUDIO

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 Hip Hop—Mondays @ 6 pm

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



NORCROSS STUDIO EVENTS BELOW

Kasia Kozak



Wednesday, May 8th

NORCROSS STUDIO

Book now for a chance to work with Kasia Kozak on choreography and/or technique. Or pre-enroll for her specialty workshops! Ask your instructor for details!

**Specialty Workshops offered
\$50 each:**

7 pm Rumba & Cha Cha Rhythm Technique

8 pm Swing

9 pm Ladies Styling

Pre-registration is required. Deadline is May 1st.

Private Coachings available



Social Dance I

Wednesday, April 24th @ 8 pm

Sunday, April 28th @ 3 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, April 16th @ 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!



DANCO

DrINKo MaY DE

Fiesta

Danco & Drinko De Mayo

**Saturday, May 4th
6-8 pm**

\$20 before April 27th



Celebrate a fun holiday with your favorite neighborhood studio. There will be light refreshments and margaritas. Celebrate your success in your classes and practice your dancing!

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.