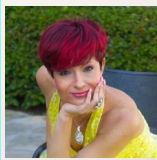


Train with the Champions

May 8th



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

Latin Club Dance I—April 11th or 16th
Salsa, Bachata & Merengue

Social Dance I—TBD
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
31 HAPPY EASTER!	1 6 pm Samba Perf—(3/8) 7 pm Silver Ballroom—(3/8) 7 pm Latin Club II—(4/8) 8 pm Gentle Yoga	2	3 7 pm VW & QS—(6/8) 7 pm Belly Dance—(1/4) 8 pm Hip Hop—(1/4)	4 7 pm Social Dance I—(5/8) 8 pm Social Dance X—(2/8)	5 Spring Break Bash Dance Party 8-10 pm	6
7 2 pm Social Dance VII—(6/8)	8 6 pm Samba Perf—(4/8) 7 pm Silver Ballroom—(4/8) 7 pm Latin Club II—(5/8) 8 pm Gentle Yoga	9	10 7 pm VW & QS—(7/8) 7 pm Belly Dance—(2/4) 8 pm Hip Hop—(2/4)	11 7 pm Social Dance I—(6/8) 8 pm Social Dance X—(3/8) 9 pm Latin Club I—(1/8)	12	Event Space available for RENT
14 2 pm Social Dance VII—(7/8)	15 6 pm Samba Perf—(5/8) 7 pm Silver Ballroom—(5/8) 7 pm Latin Club II—(6/8) 8 pm Gentle Yoga	16 NEW 9 pm Latin Club I—(1/8)	17 7 pm VW & QS—(8/8) 7 pm Belly Dance—(3/4) 8 pm Hip Hop—(3/4)	18 7 pm Social Dance I—(7/8) 8 pm Social Dance X—(4/8) 9 pm Latin Club I—(2/8)	19 NEW	
21 2 pm Social Dance VII—(8/8)	22 6 pm Samba Perf—(6/8) 7 pm Silver Ballroom—(6/8) 7 pm Latin Club II—(7/8) 8 pm Gentle Yoga	23 9 pm Latin Club I—(2/8)	24 7 pm VW & QS—(1/8) 7 pm Belly Dance—(4/4) 8 pm Hip Hop—(4/4)	25 7 pm Social Dance I—(8/8) 8 pm Social Dance X—(5/8) 9 pm Latin Club I—(3/8)	26	
28 2 pm Social Dance VIII—(1/8)	29 6 pm Samba Perf—(7/8) 7 pm Silver Ballroom—(7/8) 7 pm Latin Club III—(8/8) 8 pm Gentle Yoga	30 9 pm Latin Club I—(3/8)	1 7 pm VW & QS—(2/8) 7 pm Belly Dance—(1/4) 8 pm Hip Hop—(1/4)	2 7 pm Social Dance II—(1/8) 8 pm Social Dance X—(6/8) 9 pm Latin Club I—(4/8)	3	
					4 DANCO DINOS de MAYO FIESTA BUFORD STUDIO 6-8 pm	

Spring Break Bash



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

Only \$20 if purchased by March 29th

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 @ 8:15 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.



Kasia Kozak

Wednesday, May 8th

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.



Social Dance I

Now enrolling for April

(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 or Thursday, April 11th | 16th @ 9 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!



Spring Break Bash

Friday, April 5th

8-10 pm

\$25

**Only \$20
when you purchase
your tickets by March 29th**



Welcome Spring in with socialization and fun! Come practice your dance skills! Everyone welcome! No partner necessary! Open to the public! Newcomer friendly!