

## Train with the Champions



March 28th & 29th

Book now for a chance to work with Rosendo Fumero. You can work with him on choreography and/or technique.

# Art is Motion

## March 2024

### Beginner Classes

Social Dance I—Mondays @ 8 pm

Foxtrot, Swing, Rumba, Cha Cha

Social Dance I—Wednesdays @ 7 pm

Foxtrot, Swing, Rumba, Cha Cha

Latin Club I—Now Enrolling!

Salsa, Bachata & Merengue

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

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>3</b>  <b>Spring Fling BUFORD STUDIO</b> 5-7 pm <b>\$25</b>	<b>4</b>  <b>6 pm Hip Hop—(1/4)</b> 7 pm Social Dance II—(1/8) <b>8 pm Social Dance I—(1/8)</b>	<b>5</b> 8 am Gentle Yoga  7 pm Latin Club I—(5/8) 7 pm Latin Club III—(5/8) 8 pm Latin Club VI—(2/8)	<b>6</b>	<b>7</b> 8 am Gentle Yoga 7 pm Bronze Ballroom—(1/8) 8 pm Latin Club Perf—(6/8)	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b> <b>6 pm Hip Hop—(2/4)</b> 7 pm Social Dance II—(2/8) <b>8 pm Social Dance I—(2/8)</b>	<b>12</b> 8 am Gentle Yoga 7 pm Latin Club I—(6/8) 7 pm Latin Club III—(6/8) 8 pm Latin Club VI—(3/8)	<b>13</b>  <b>7 pm Social Dance I—(1/8)</b>	<b>14</b> 8 am Gentle Yoga  7 pm Bronze Ballroom—(2/8) 8 pm Latin Club Perf—(7/8)	<b>15</b>	<b>Event Space available for RENT</b>
<b>17</b> 	<b>18</b> <b>6 pm Hip Hop—(3/4)</b> 7 pm Social Dance II—(3/8) 8 pm Social Dance I—(3/8)	<b>19</b> 8 am Gentle Yoga 7 pm Latin Club I—(7/8) 7 pm Latin Club III—(7/8) 8 pm Latin Club VI—(4/8)	<b>20</b>  <b>7 pm Social Dance I—(2/8)</b>	<b>21</b> 8 am Gentle Yoga 7 pm Bronze Ballroom—(3/8) 8 pm Latin Club Perf—(8/8)	<b>22</b>	
<b>24</b>  <b>3 pm Swing Basic I—(1/8)</b>	<b>25</b> <b>6 pm Hip Hop—(4/4)</b> 7 pm Social Dance II—(4/8) 8 pm Social Dance I—(4/8)	<b>26</b> 8 am Gentle Yoga  7 pm Latin Club I—(8/8) 7 pm Latin Club III—(8/8) 8 pm Latin Club VI—(5/8) <b>8 pm Latin Club I—(1/8)</b>	<b>27</b> 7 pm Social Dance I—(3/8)	<b>28</b> 8 am Gentle Yoga 7 pm Bronze Ballroom—(4/8) 8 pm Latin Club Perf—(1/8)	<b>29</b> 	
<b>31</b> 	<b>1</b> <b>6 pm Hip Hop—(1/4)</b> 7 pm Social Dance II—(5/8) 8 pm Social Dance I—(5/8)	<b>2</b> 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) <b>8 pm Latin Club I—(2/8)</b>	<b>3</b>  7 pm Social Dance I—(4/8)	<b>4</b> 8 am Gentle Yoga  7 pm Bronze Ballroom—(5/8) 8 pm Latin Club Perf—(2/8)	<b>5</b>  <b>Spring Break Bash Dance Party</b> 8-10 pm <b>NORCROSS STUDIO</b>	<b>6</b>

### Now Enrolling:

Simply Swing I—Sundays

Gentle Yoga — Tuesdays & Thursdays

Social Dance I — Mondays & Wednesdays

Hip Hop — Mondays

Latin Club Dance I — Tuesdays

## Spring Fling



Sunday, March 3rd  
5-7 pm

\$25

### 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](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



### 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 & Wednesday, March 4th & 13th**  
**@ 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, March 26th @ 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



### Rosendo Fumero

**March 28-29th**

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!

## 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!



**Simply Swing I**  
**Sundays @ 3 pm March 24th**  
(enroll early and save \$15)

The timeless East Coast Swing, the most common style of swing, is upbeat, fun, happy and social. It is as versatile as it is energetic. Dancers maintain tight steps for control and dance in a circular fashion. The variety of music is extremely varied.

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.