

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

Latin Club Dance I—March 19th or 21st
Salsa, Bachata & Merengue

Social Dance I—March 7th
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
3 2 pm Social Dance VII—(2/8) Spring Fling BUFORD STUDIO 5-7 pm \$25	4 6 pm Samba Perf—(8/8) 7 pm Silver Ballroom—(8/8) 7 pm Latin Club I—(8/8) 8 pm Gentle Yoga	5 7 pm Social Dance IV—(7/8)	6 7 pm VW & QS—(2/8) 7 pm Belly Dance—(1/4) 8 pm Hip Hop—(1/4)	7 NEW 7 pm Social Dance I—(1/8) 8 pm Social Dance IX—(6/8)	8	9
10 2 pm Social Dance VII—(3/8)	11 NO Samba or Silver Class 7 pm Latin Club II—(1/8) 8 pm Gentle Yoga	12 7 pm Social Dance IV—(8/8)	13 7 pm VW & QS—(3/8) 7 pm Belly Dance—(2/4) 8 pm Hip Hop—(2/4)	14 7 pm Social Dance I—(2/8) 8 pm Social Dance IX—(7/8)	15	16
17 2 pm Social Dance VII—(4/8)	18 6 pm Samba Perf—(1/8) 7 pm Silver Ballroom—(1/8) 7 pm Latin Club II—(2/8) 8 pm Gentle Yoga	19 NEW 7 pm Social Dance V—(1/8) 9 pm Latin Club I—(1/8)	20 7 pm VW & QS—(4/8) 7 pm Belly Dance—(3/4) 8 pm Hip Hop—(3/4)	21 NEW 7 pm Social Dance I—(3/8) 8 pm Social Dance IX—(8/8) 9 pm Latin Club I—(1/8)	22	Event Space available for RENT
24 2 pm Social Dance VII—(5/8)	25 6 pm Samba Perf—(2/8) 7 pm Silver Ballroom—(2/8) 7 pm Latin Club II—(3/8) 8 pm Gentle Yoga	26 7 pm Social Dance V—(2/8) 9 pm Latin Club I—(3/8)	27 7 pm VW & QS—(5/8) 7 pm Belly Dance—(4/4) 8 pm Hip Hop—(4/4)	28 7 pm Social Dance I—(4/8) 8 pm Social Dance X—(1/8) 9 pm Latin Club I—(2/8)	29 	30
31 	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 7 pm Social Dance V—(3/8) 9 pm Latin Club I—(3/8)	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) 9 pm Latin Club I—(3/8)	5 Spring Break Bash Dance Party 8-10 pm	6

Now Enrolling:

Tai Chi
Gentle Yoga
Adult Hip Hop
Belly Dance
Yoga Flow

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.



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!



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.



Social Dance I

Thursday, March 7th @ 7 pm

(enroll early and save \$15)

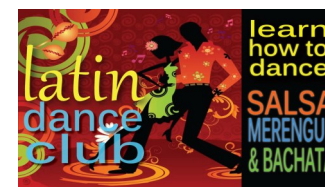
Gain a solid understanding of the fundamentals of American Style **Cha Cha**, **Rumba**, **Swing** and **Foxtrot**. Learn the essential basics for social events, weddings, cruises and holiday parties. Feel comfortable and at ease navigating the dance floor.

Latin Club Dance I

Tuesday or Thursday, March 19th | 21st @ 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!