

## Ladies' Styling Class

Want to learn what to do with your arms while dancing? Struggle with placement and feeling awkward? Please come join us to feel at home in your body & how to dance more comfortably on the floor!

Admission: \$175 for 8 weeks

# Art is Motion

## September 2024

## Beginner Classes

Social Dance I—TBD







Foxtrot, Swing, Rumba, Cha Cha

Latin Club I—Wednesdays @ 8pm 10/9

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
1	<b>ENJOY LABOR DAY!</b>	3 <b>8 am Gentle Yoga</b>  7 pm Latin Club I—(7/8) 8 pm Latin Club III—(1/8)	4 7 pm Kids Hip Hop	5 <b>8 am Gentle Yoga</b>	6 <b>Summer Soiree</b> 8:30-10:30 pm Norcross Studio \$25	7
8	9 7 pm Social Dance III—(7/8)	10 <b>8 am Gentle Yoga</b>  7 pm Latin Club I—(8/8) 8 pm Latin Club III—(2/8)	11 7 pm Kids Hip Hop	12 <b>8 am Gentle Yoga</b> 	13	14
15	16  7 pm Social Dance III—(8/8)	17 <b>8 am Gentle Yoga</b> 7 pm Ladies Styling—(1/8) 8 pm Latin Club III—(3/8)	18 7 pm Kids Hip Hop	19 <b>8 am Gentle Yoga</b>	20	<b>Event Space available for RENT</b>
22	23	24 <b>8 am Gentle Yoga</b>  7 pm Ladies Styling—(2/8) 8 pm Latin Club III—(4/8)	25 7 pm Kids Hip Hop	26 <b>8 am Gentle Yoga</b>	27	
29	30 7 pm Social Dance IV—(1/8)	1 <b>8 am Gentle Yoga</b> 7 pm Ladies Styling—(3/8) 8 pm Latin Club III—(5/8)	2 7 pm Kids Hip Hop	3 <b>8 am Gentle Yoga</b> 	4	
					5 <b>Hallo-WINE Party</b> 6:30-8:30 pm Dance Party \$25	

## Now Enrolling:

Gentle Yoga — Tuesdays & Thursdays

Social Dance I — Mondays

Latin Club I — Tuesdays & Wednesdays

Ladies' Styling — Tuesdays

## Hallo-WINE Party



**Saturday,  
October 5th**  
6:30 - 8:30 pm  
**\$25**

BUFORD 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.\***  
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### Monthly Pass Classes:

1 Class—\$25    4 Classes—\$75

8 Classes—\$140    Unlimited—\$185

All classes in blue on the calendar are included in the passes

Passes are valid for the month therein purchased.

(Passes do not carry over to the following calendar month)



#### Gentle Yoga

Tuesdays & Thursdays @ 8 am

Relax, increase your flexibility, & control your thoughts. Leave rejuvenated & peaceful.

#### Kids Ballet—TBD

Learn posture, technique, flexibility & more with the root of all dances

#### Kids Hip Hop—Wednesdays @ 7 pm

Hip Hop and creative movement mixture. Learn fun & trendy dance steps.

#### Kids Jazz—TBD

Learn some street dance styles & current trendy steps

#### Afro-Beats—TBD

Grow awareness of African history & techniques while learning some traditional African steps

#### Contemporary—TBD

Learn techniques and routines to help express yourself

#### Adult Ballet—TBD

Learn the base of all posture and technique of all dances

#### Adult Hip Hop—TBD

Get comfortable in your body with trendy up to date music & states.

**Call to enroll today!!!**



### Social Dance I

TBD

(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.

#### Ladies' Styling Class

Tuesdays @ 7 pm

(enroll early and save \$15)



Want to learn what to do with your arms while dancing? Struggle with placement and feeling awkward? Please come join us while we have Sasha work with you all on making yourselves feel at home in your body & how to dance more comfortably on the floor!



### Latin Club Dance I

Wednesdays @ 8 pm,  
October 9th

(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

### Mystery & Magic Dance Showcase

December 7th

6 pm—9:30 pm

Join us for our biannual showcase! See what the students have been working on for the last part of the year. Please come show your support, invite friends and family! Refreshments will be served & stay afterwards for the after party!