

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

October 2024

Beginner Classes

Social Dance I—Mondays @ 6 pm 10/28

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*

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	1 8 am Gentle Yoga  7 pm Ladies Styling—(3/8) 8 pm Latin Club III—(5/8) 7 pm Social Dance IV—(1/8)	2	3 8 am Gentle Yoga	4	5 Hallo-WINE Party 6:30-8:30 pm Dance Party \$25
6	7	8 8 am Gentle Yoga  7 pm Ladies Styling—(4/8) 8 pm Latin Club III—(6/8)	9 8 pm Latin Club I—(1/8)	10 8 am Gentle Yoga 	11	12
13	14  7 pm Social Dance IV—(3/8)	15 8 am Gentle Yoga 7 pm Ladies Styling—(5/8) 8 pm Latin Club III—(6/8)	16 8 pm Latin Club I—(2/8)	17 8 am Gentle Yoga	18	Event Space available for RENT
20	21 7 pm Social Dance IV—(4/8)	22 8 am Gentle Yoga  7 pm Ladies Styling—(6/8) 8 pm Latin Club III—(7/8)	23 8 pm Latin Club I—(3/8)	24 8 am Gentle Yoga	25 Beastly Ball 8:30-10:30 pm Norcross Studio \$25	
27	28 6 pm Social Dance I—(1/8) 7 pm Social Dance IV—(5/8)	29 8 am Gentle Yoga 7 pm Ladies Styling—(7/8) 8 pm Latin Club III—(8/8)	30 8 pm Latin Club I—(4/8)	31 8 am Gentle Yoga 	1	
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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.
Please call or text 678-577-2823 or email dance@artismotion.org

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 Hip Hop—TBD

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

Kids Jazz—TBD

Learn some street dance styles & current trendy 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

Hallo-WINE Party

October 5th
6:30 pm—8:30 pm



Let's start October off with some fun! Come out and enjoy an early evening of fun, dance, lite refreshments an a good time. Tickets are \$25. We can't wait to dance with you!



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

Beastly Ball

October 25th
8:30 pm—10:30 pm

Join us for our annual Halloween costume party! Get dressed up and have some GHOSTLY fun!

Mystery & Magic Dance Showcase

December 7th
6 pm—9:30 pm

Join us for our biannual showcase! Please come show your support, invite friends and family! Refreshments will be served & stay afterwards for the after party!