



John Nyemcheck

February 7-9th
NORCROSS

Schedule your private coaching!

John began dancing at the age of 4, studying tap, jazz, Ballroom Dance, and even acting. Champion in US Amateur & Professional Dance. Reserve your spot in his workshops & get some 1-on-1 coaching with him!

Art is Motion

February 2025

Beginner Classes



Social Dance I—Thurs 3/6 @ 7 pm
Foxtrot, Swing, Rumba, Cha Cha

Latin Club I—Thurs 3/6 @ 8 pm
Salsa, Bachata & Merengue

Please call or text 678-577-2823 or email dance@artismotion.org*

Now Enrolling:

- Gentle Yoga — Tuesdays & Thursdays
- Social Dance I — Tuesdays & Wednesdays
- Latin Club I — Tuesdays & Wednesdays
- Zumba—Mondays & Wednesdays

*Pre-enrollment is required for all classes. Please enroll at least 48 hours prior to desired class by Calling or Texting 678-577-2823 or Emailing dance@artismotion.org

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27 6 pm Social Dance II—(4/8) 7 pm Social Dance VI—(1/8) 8 pm Latin Club II—(4/8)	28 8 am Gentle Yoga Social Dance I & Latin Club I Tuesdays starting February 4th	29 7 pm Social Dance I—(2/8) 8 pm Latin Club I—(2/8)	30 8 am Gentle Yoga	31 7 pm Date Night Dance Class for Couples Salsa & Bachata	1
2 	3 9:30 am Zumba Be fit, be fabulous, be happy 6 pm Social Dance II—(5/8) 7 pm Social Dance VI—(2/8) 8 pm Latin Club II—(5/8)	4 8 am Gentle Yoga 7 pm Social Dance I—(1/8) 8 pm Latin Club I—(1/8)	5 9:30 am Zumba 7 pm Social Dance I—(3/8) 8 pm Latin Club I—(3/8)	6 8 am Gentle Yoga 	7 6 pm Viennese Waltz 7 pm Tango 8 pm Cha Cha	8 AIM Dance Challenge 12-3 pm 4 pm Waltz 5 pm Foxtrot 6 pm Salsa / Mambo 7 pm Swing
9 2pm WC Swing / Hustle 3 pm Rumba John Nyemcheck	10 9:30 am Zumba 6 pm Social Dance II—(6/8) 7 pm Social Dance VI—(3/8) 8 pm Latin Club II—(6/8)	11 8 am Gentle Yoga 7 pm Social Dance I—(2/8) 8 pm Latin Club I—(2/8)	12 9:30 am Zumba 7 pm Social Dance I—(4/8) 8 pm Latin Club I—(4/8)	13 8 am Gentle Yoga	14 7 pm Date Night Dance Class for Couples Rumba & Salsa	15
16	17 9:30 am Zumba 6 pm Social Dance II—(7/8) 7 pm Social Dance VI—(4/8) 8 pm Latin Club II—(7/8)	18 8 am Gentle Yoga 7 pm Social Dance I—(3/8) 8 pm Latin Club I—(3/8)	19 9:30 am Zumba 7 pm Social Dance I—(5/8) 8 pm Latin Club I—(5/8)	20 8 am Gentle Yoga 	21	22
23	24 9:30 am Zumba 6 pm Social Dance II—(8/8) 7 pm Social Dance VI—(5/8) 8 pm Latin Club II—(8/8)	25 8 am Gentle Yoga 7 pm Social Dance I—(4/8) 8 pm Latin Club I—(4/8)	26 9:30 am Zumba 7 pm Social Dance I—(6/8) 8 pm Latin Club I—(6/8)	27 8 am Gentle Yoga Social Dance I & Latin Club I Thursdays starting March 6th	28 7 pm Date Night Dance Class for Couples Tango & Bachata	1

Event Space for RENT

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 enroll at least 48 hours prior to desired class by Calling or Texting 678-577-2823 or Emailing 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.

Zumba

Mondays & Wednesdays @ 9:30 am

Fun Fitness! Latin dance inspired interval style cardio workout going strong since 2001.

Ballet —Coming Soon

Improve posture, balance and flexibility. Boost your confidence through the artistry and grace of ballet.

Contemporary — Coming Soon

Express emotions through movement including exercises to increase flexibility, strength and body awareness.

Jazz —Coming Soon

For dancers who enjoy physical challenges, precision, and expressing their personal style.

Hip Hop — Coming Soon

A dynamic dance class exploring rhythm, foundational techniques, and energetic movement.

Benefits

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.

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| 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. | |

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.



SOCIAL DANCE I

8 WEEK COURSE
THURSDAYS @ 7 PM
 STARTING MARCH 6TH

\$175 INDIVIDUAL
\$350 COUPLE



LATIN CLUB DANCE I

8 WEEK COURSE
THURSDAYS @ 8 PM
 STARTING MARCH 6TH

\$175 INDIVIDUAL
\$350 COUPLE

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



SATURDAY & SUNDAY
MARCH 1ST & 2ND

Available for individual coaching and choreography!

\$185 PER SESSION
\$530 FOR 3 SESSIONS

Rosendo Fumero is a former undefeated 3-time United States American Smooth Champion, a United States 9-Dance American Style Champion, as well as an undefeated Ohio Star Ball Champion. He is a world class adjudicator, instructor and organizer of the Virginia State DanceSport Championships.