



### John Nyemcheck

February 7-9th  
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

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

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

### Monthly Classes:

- Tai Chi
- Gentle Yoga
- Zumba
- Ballet
- Contemporary
- Jazz
- Hip Hip
- Belly Dance

\*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> | 1560 Indian Trail Road, # 109, Norcross, GA 30093

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>26</b> 2 pm NCD III—(5/8) 3 pm Bronze Ballroom—(1/8)	<b>27</b> <b>YOGA</b> 7 pm Silver Ballroom—(1/8) 7 pm Latin Club VII—(3/8) 8 pm Latin Club II/III—(3/8) 8 pm Night Club Perf—(7/8)	Be fit, be fabulous, be happy <b>28</b> <b>ZUMBA</b>  <b>BURN</b> 500-1000 CALORIE BURN 6 pm Ballet 7 pm Latin Club V—(2/8)	<b>29</b> 7 pm VW / PB / QS—(8/8) 7 pm Belly Dance 8 pm Hip Hop <b>8 pm Social Dance I—(2/8)</b>	<b>30</b> 6 pm Jazz 7 pm Social Dance II—(7/8) 8 pm Social Dance VI—(5/8) 8 pm Contemporary	<b>31</b> <b>7 pm Date Night Dance</b> <b>Class for Couples</b> <b>Salsa &amp; Bachata</b> 8 pm Jazz	<b>1</b> 10 am Ballet 11 am Contemporary
<b>2</b> 2 pm NCD III—(6/8) 3 pm Bronze Ballroom—(2/8)	<b>3</b> 7 pm Silver Ballroom—(2/8) 7 pm Latin Club VII—(4/8) 8 pm Latin Club II/III—(4/8) 8 pm Night Club Perf—(8/8) <b>8:15 pm Gentle Yoga</b>	<b>4</b> <b>3 pm Zumba</b> <b>6 pm Ballet</b> 7 pm Latin Club V—(3/8) <b>8 pm Latin Club I—(1/8)</b>	<b>5</b> <b>TAI CHI</b> 3 pm Tai Chi 7 pm VW / PB / QS—(1/8) 7 pm Belly Dance 8 pm Hip Hop 8 pm Social Dance I—(3/8)	<b>6</b> <b>6 pm Jazz</b> 7 pm Social Dance II—(8/8) 8 pm Social Dance VI—(6/8) <b>8 pm Contemporary</b>	<b>7</b> <b>6 pm Viennese Waltz</b> <b>7 pm Tango</b> <b>8 pm Cha Cha</b> <b>8</b> <b>AIM Dance Challenge</b> 4 pm Waltz 5 pm Foxtrot 6 pm Salsa / Mambo 7 pm Swing 10 am Ballet 12-3 pm	
<b>9</b> <b>2pm WC Swing / Hustle</b> <b>3 pm Rumba</b> <b>John Nyemcheck</b>	<b>10</b> 7 pm Silver Ballroom—(3/8) 7 pm Latin Club VII—(5/8) 8 pm Latin Club II/III—(5/8) 8 pm Night Club Perf—(1/8) <b>8:15 pm Gentle Yoga</b>	<b>11</b> <b>3 pm Zumba</b> <b>6 pm Ballet</b> 7 pm Latin Club V—(4/8) <b>8 pm Latin Club I—(2/8)</b>	<b>12</b> <b>3 pm Tai Chi</b> 7 pm VW / PB / QS—(2/8) 7 pm Belly Dance 8 pm Hip Hop 8 pm Social Dance I—(4/8)	<b>13</b> <b>6 pm Jazz</b> 7 pm Social Dance III—(1/8) 8 pm Social Dance VI—(7/8) <b>8 pm Contemporary</b>	<b>14</b> <b>7 pm Date Night Dance</b> <b>Class for Couples</b> <b>Rumba &amp; Salsa</b> 8 pm Jazz	<b>15</b> 10 am Ballet 11 am Contemporary
<b>16</b> 2 pm NCD III—(7/8) 3 pm Bronze Ballroom—(3/8)	<b>17</b> 7 pm Silver Ballroom—(4/8) 7 pm Latin Club VII—(6/8) 8 pm Latin Club II/III—(6/8) 8 pm Night Club Perf—(2/8) <b>8:15 pm Gentle Yoga</b>	<b>18</b> <b>3 pm Zumba</b> <b>6 pm Ballet</b> 7 pm Latin Club V—(5/8) 8 pm Latin Club I—(3/8)	<b>19</b> <b>3 pm Tai Chi</b> 7 pm VW / PB / QS—(3/8) 7 pm Belly Dance 8 pm Hip Hop 8 pm Social Dance I—(5/8)	<b>20</b> <b>6 pm Jazz</b> 7 pm Social Dance III—(2/8) 8 pm Social Dance VI—(8/8) <b>8 pm Contemporary</b>	<b>21</b> 7 pm Ballet 8 pm Jazz	<b>22</b> 10 am Ballet 11 am Contemporary
<b>23</b> 2 pm NCD III—(8/8) 3 pm Bronze Ballroom—(4/8)	<b>24</b> 7 pm Silver Ballroom—(5/8) 7 pm Latin Club VII—(7/8) 8 pm Latin Club II/III—(7/8) 8 pm Night Club Perf—(3/8) <b>8:15 pm Gentle Yoga</b>	<b>25</b> <b>3 pm Zumba</b> <b>6 pm Ballet</b> 7 pm Latin Club V—(6/8) 8 pm Latin Club I—(4/8)	<b>26</b> <b>3 pm Tai Chi</b> 7 pm VW / PB / QS—(4/8) 7 pm Belly Dance 8 pm Hip Hop 8 pm Social Dance I—(6/8)	<b>27</b> <b>Social Dance I</b> <b>Latin Club Dance I</b> <b>starting</b> <b>March 6th</b> <b>6 pm Jazz</b> 7 pm Social Dance III—(3/8) 8 pm Social Dance VII—(1/8) <b>8 pm Contemporary</b>	<b>28</b> <b>7 pm Date Night Dance</b> <b>Class for Couples</b> <b>Tango &amp; Bachata</b> 8 pm Jazz	<b>1</b> 10 am Ballet 11 am Contemporary

**Event Space**  
available  
for **RENT**

### 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 Dance:** Salsa Bachata Merengue

**Night Club Dance:** Samba Night Club 2 Step  
Hustle West Coast Swing

**Specialty:** Chicago Step Viennese Waltz/QS/Peabody

**\*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"**

**\*Pre-enrollment is required for all classes. 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](mailto: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)

#### **Yoga — Mondays @ 8:15 pm**

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

#### **Tai Chi — Wednesdays @ 3 pm**

Enjoy practicing slow paced, gentle movements to restore the body and calm the mind.

#### **Zumba — Tuesdays @ 1 pm**

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

#### **Ballet — Tuesdays, Fridays, Saturdays**

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

#### **Contemporary — Thursdays, Saturdays**

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

#### **Jazz — Thursdays, Fridays, Saturdays**

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

#### **Belly Dance — Wednesdays @ 7 pm**

An expressive dance class centered on building core strength, fluidity, and precision in movement.

#### **Hip Hop — Wednesdays @ 8 pm**

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.

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 @ 8 PM**  
**STARTING MARCH 6TH**

**\$175 INDIVIDUAL**  
**\$350 COUPLE**



## LATIN CLUB DANCE I

8 WEEK COURSE  
**THURSDAYS @ 7 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!

## 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.