

## Rosendo Fumero



Feb 28—Mar 2

Work on choreography for the upcoming June 7th "Lunar Luau" Showcase or enhance your technique and styling. Pre-enrollment for specialty workshops required!

# Art is Motion

## March 2025

### Beginner Classes

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

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

ENROLL NOW

### Now Enrolling:

Gentle Yoga — Tuesdays & Thursdays

Social Dance I — Thursdays

Latin Club I — Thursdays

Zumba—Mondays & Wednesdays

Contemporary — Mondays

Jazz — Wednesdays

Ballet — Thursdays

Burlesque—Fridays

\*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](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
23	24 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 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 Rosendo Fumero	1 7 pm Workshop NORCROSS 8 pm Workshop NORCROSS
2	3 9:30 am Zumba Be fit, be fabulous, be happy NEW ZUMBA FINEST 6 pm Social Dance III—(1/8) 7 pm Social Dance VI—(6/8) 8 pm Latin Club III—(1/8) Rosendo Fumero	4 8 am Gentle Yoga 7 pm Social Dance I—(5/8) 8 pm Latin Club I—(5/8)	5 9:30 am Zumba NEW 6 pm Jazz 7 pm Social Dance I—(7/8) 8 pm Latin Club I—(7/8)	6 8 am Gentle Yoga NEW 6 pm Ballet 7 pm Social Dance I—(1/8) 8 pm Latin Club I—(1/8)	7 7 pm Burlesque	8
9	10 9:30 am Zumba 6 pm Social Dance V—(2/8) 7 pm Contemporary 8 pm Latin Club III—(2/8)	11 8 am Gentle Yoga 7 pm Social Dance I—(6/8) 8 pm Latin Club I—(6/8)	12 9:30 am Zumba 6 pm Jazz 7 pm Social Dance I—(8/8) 8 pm Latin Club I—(8/8)	13 8 am Gentle Yoga 6 pm Ballet 7 pm Social Dance I—(2/8) 8 pm Latin Club I—(2/8)	14 7 pm Date Night Dance Class for Couples Rumba & Salsa	15
16	17 9:30 am Zumba 6 pm Social Dance V—(3/8) 7 pm Contemporary 8 pm Latin Club III—(3/8)	18 8 am Gentle Yoga 7 pm Social Dance I—(7/8) 8 pm Latin Club I—(7/8)	19 9:30 am Zumba BURN 500-1000 CALORIES PER CLASS 6 pm Jazz 7 pm Social Dance II—(1/8) 8 pm Latin Club II—(1/8)	20 8 am Gentle Yoga 6 pm Ballet 7 pm Social Dance I—(3/8) 8 pm Latin Club I—(3/8)	21 7 pm Burlesque	22
23	24 9:30 am Zumba 6 pm Social Dance V—(4/8) 7 pm Contemporary 8 pm Latin Club III—(3/8)	25 8 am Gentle Yoga 7 pm Social Dance I—(8/8) 8 pm Latin Club I—(8/8)	26 9:30 am Zumba 6 pm Jazz 7 pm Social Dance II—(2/8) 8 pm Latin Club II—(2/8)	27 8 am Gentle Yoga 6 pm Ballet 7 pm Social Dance I—(4/8) 8 pm Latin Club I—(4/8)	28 7 pm Date Night Dance Class for Couples Tango & Bachata	29

## 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](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)

#### 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.

#### Contemporary — Mondays

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

#### Jazz —Wednesdays

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

#### Ballet —Thursdays

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

#### Burlesque —Fridays

Connect with your inner diva and increase your confidence and sensuality, the perfect way to enhance both balance and flexibility.

## 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 @ 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.