

Now enrolling!

8 week only \$148

**Ballroom I**

Saturdays @ 2 pm

NEW

Art is Motion

March 2020

Now enrolling!

8 week only \$148

**Latin Club I**

Thursdays @ 7 pm

NEW

678-577-2823 | www.ArtsMotion.org | 4965 Lanier Islands Pkwy #102, Buford, GA 30518

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 6 pm Hip Hop 7 pm Ballroom I—(5/8) 8 pm Latin Club I—(5/8)	4 7 pm Line Dance	5 9pm Belly Dance	6	7
8	9 	10 6 pm Hip Hop 7 pm Ballroom I—(6/8) 8 pm Latin Club I—(6/8)	11 7 pm Line Dance	12 9pm Belly Dance 	13	14 1 pm Zumba
15	16	17 6 pm Hip Hop 7 pm Ballroom I—(7/8) 8 pm Latin Club I—(7/8)	18 7 pm Line Dance	19 7 pm Latin Club I—(1/8) 9 pm Belly Dance	20	21 1 pm Zumba 2 pm Ballroom I—(1/8)
22	23	24 6 pm Hip Hop 7 pm Ballroom I—(8/8) 8 pm Latin Club I—(8/8)	25 7 pm Line Dance	26 7 pm Latin Club I—(2/8) 9 pm Belly Dance	27 8pm - 10pm NORCROSS 	28 1 pm Zumba 2 pm Ballroom I—(2/8)
29	30	31 6 pm Modern 7 pm Ballroom II—(1/8) 8 pm Latin Club II—(1/8)	1 7 pm Line Dance	2 7 pm Latin Club I—(3/8) 9 pm Belly Dance	3	4 1 pm Zumba 2 pm Ballroom I—(3/8)

**Upcoming Events:**

Tuesday @ 6pm— Hip Hop

Wednesday @ 7pm—Line Dance

Thursday @ 9pm—Belly Dance

Thursday, March 19th @ 7pm—Latin Club I

Saturday, March 21st @ 2pm—Ballroom I



**Group Courses:**

8 weeks—\$148

(Series Class drop in - \$25)

**Ballroom:** Foxtrot Waltz Rumba  
Cha Cha Swing Tango

**Latin Club:** Salsa Bachata Merengue

Tango W C Swing Hustle Zouk

\*Pre-enrollment required.

Classes not meeting the minimum of 8 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"**

Please check our website calendar for updates  
Events & classes are subject to change

# NOW ENROLLING!

## Ballroom I - 8 Week Group Course (\$148)

Saturday, March 21<sup>st</sup> @ 2 pm

This 8 week course covers the essential basics of **Foxtrot, Waltz, Rumba, Cha Cha, Tango & Swing**, preparing you for a night on the town, cruises, tropical vacations and more. Each week progresses on the previous week's material after a review section creating reinforcement and muscle memory. This 8 week course covers the essential basics of Merengue, Bachata, & Salsa, preparing you for a night on the town, cruises, tropical vacations and more. Each week progresses on the previous week's material after a review section creating reinforcement and muscle memory.

## Latin Club I - 8 Week Group Course (\$148)

Thursday, March 19<sup>th</sup> @ 7 pm

This 8 week course covers the essential basics of **Salsa, Merengue, & Bachata**, preparing you for a night on the town, cruises, tropical vacations and more. Each week progresses on the previous week's material after a review section creating reinforcement and muscle memory.



## Monthly Pass Classes

### Hip Hop

Tuesdays @ 6 pm

This class will encompass the foundation of hip hop with basic footwork and the concepts of rhythm and groove. Everyone is welcome. Comfortable attire and shoes recommended.

### Line Dance

Wednesdays @ 7 pm

Have more fun at weddings, family BBQ's and other social events! This class will cover a different line dance each month. Learn to move and groove to your favorite songs! Everyone is welcome.

### Belly Dance

Thursdays @ 9 pm

Explore different techniques and experiment with how to use level changes, freezes, & flow to punctuate your dance and express yourself through movement and artistry. Comfortable non-restrictive clothing recommended. (Hip scarves will be provided during class)

### Zumba

Saturdays @ 1 pm

When all else fails, dance it out! Zumba Fitness targets many different muscle groups at once for total body toning. Boost your heart health.