

Unlimited Pass Contest

Put your health first!

Take the most classes in March and win an Unlimited Pass for April (\$169) !!!

Must purchase March Unlimited Pass to participate
In the event of a tie, each winner will save \$100 off their April Unlimited Pass.

Art is Motion

March 2019

AIM Dance Classic

Saturday, April 13th



Rosendo Fumero will be giving participants scores and written critiques for our friendly, in studio competition! Celebrate your sport and participate in the fun and festivities.

Rosendo is available for coaching on April 14th

678-577-2823 | www.ArtsMotion.org | 4470 Satellite Blvd, # 201-202, Duluth, GA 30096

Upcoming Events

- March 1—Latin Styling Workshop (\$30)
- March 8—Night Club 2-Step & WC Swing Workshop (\$30)
- March 9—Breakdance Basics 101 Workshop (\$30)
- March 10—Salsa, Bachata & Merengue Workshop (\$30)
- March 10—Coca Cabana Dance Outing
- March 15—Night Club 2-Step & Hustle Workshop (\$30)
- March 22—Salsa, Bachata & Merengue Workshop (\$30)
- April 13—AIM Dance Classic

Sun	Mon	Tue	Wed	Thu	Fri	Sat
24 1 pm Jazz 2 pm WC / Hustle I—(8/8) 3 pm Ballroom I—(7/8) 3 pm Samba II—(6/8) 4:30 pm Gentle Yoga	25 12 pm Lunch Time Yoga 6 pm Defense Strategies 101 7 pm WC / Hustle VII—(3/8) 8 pm Salsa Perform—(8/8) 8 pm Stretch & Strengthen	26 HERITAGE CLASSIC 6 pm Beginner Ballet 7 pm Yoga Core	27 12 pm Lunch Time Yoga 6 pm Line Dance 7 pm Stretch & Strengthen 7 pm Latin Club I—(8/8) 8 pm Latin Club II—(7/8)	28 6 pm Beginner Hip Hop 7 pm Belly Dance 7 pm Bronze Ballroom—(6/8) 8 pm Latin Club XII—(5/8) 8 pm Ballroom I—(2/8) 8 pm Gentle Yoga 9 pm Ballroom IX—(4/8) 9 pm Modern Dance	1 12 pm Lunch Time Yoga 7 pm Ballroom II—(6/8) 8-9:30 pm Latin Styling Workshop ~ \$30	2 1 pm Belly Dance Fusion
3 HERITAGE CLASSIC 3 pm Ballroom I—(8/8) 4:30 pm Gentle Yoga	4 12 pm Lunch Time Yoga 7 pm WC / Hustle VII—(4/8) 8 pm Salsa Perform—(1/8) 8 pm Stretch & Strengthen	5 6 pm Beginner Ballet 7 pm Yoga Core 8 pm Silver Ballroom—(4/8) 9 pm Silver Tango—(6/8)	6 12 pm Lunch Time Yoga 6 pm Line Dance 7 pm Stretch & Strengthen 7 pm Latin Club II—(1/8) 8 pm Latin Club II—(8/8) 8 pm VW & QS—(6/8)	7 6 pm Beginner Hip Hop 7 pm Belly Dance 7 pm Bronze Ballroom—(7/8) 8 pm Latin Club XII—(6/8) 8 pm Ballroom I—(3/8) 8 pm Gentle Yoga 9 pm Ballroom IX—(5/8) 9 pm Modern Dance	8 12 pm Lunch Time Yoga 7 pm Ballroom II—(7/8) 8-9:30 pm Night Club 2-Step & WC Swing Workshop ~ \$30	9 1 pm Belly Dance Fusion 1-2:30 pm Breakdance Basics 101 Workshop ~ \$30
10 1 pm Jazz 2 pm WC / Hustle II—(1/8) 3 pm Samba II—(7/8) 4:30 pm Gentle Yoga 5:30 pm - 7 pm Salsa, Merengue & Bachata Workshop (+ Team AIM Outing) ~ \$30	11 12 pm Lunch Time Yoga 7 pm WC / Hustle VII—(5/8) 8 pm Salsa Perform—(2/8) 8 pm Stretch & Strengthen	12 6 pm Beginner Ballet 7 pm Yoga Core 8 pm Silver Ballroom—(5/8) 9 pm Silver Tango—(7/8)	13 12 pm Lunch Time Yoga 6 pm Line Dance 7 pm Stretch & Strengthen 7 pm Latin Club II—(2/8) 8 pm Latin Club III—(1/8) 8 pm VW & QS—(7/8)	14 6 pm Beginner Hip Hop 7 pm Belly Dance 7 pm Bronze Ballroom—(8/8) 8 pm Latin Club XII—(7/8) 8 pm Ballroom I—(4/8) 8 pm Gentle Yoga 9 pm Ballroom IX—(6/8) 9 pm Modern Dance	15 12 pm Lunch Time Yoga 7 pm Ballroom II—(8/8) 8-9:30 pm Hustle & Night Club 2-Step Workshop ~ \$30	16 11 am - 4 pm Ballroom & Latin Workshop ~ \$39 1 pm Belly Dance Fusion
17 1 pm Jazz 2 pm WC / Hustle II—(2/8) 3 pm Samba II—(8/8) 4:30 pm Gentle Yoga	18 12 pm Lunch Time Yoga 7 pm WC / Hustle VII—(6/8) 8 pm Salsa Perform—(3/8) 8 pm Stretch & Strengthen	19 6 pm Beginner Ballet 7 pm Yoga Core 8 pm Silver Ballroom—(6/8) 9 pm Silver Tango—(8/8)	20 12 pm Lunch Time Yoga 6 pm Line Dance 7 pm Stretch & Strengthen 7 pm Latin Club II—(7/8) 8 pm Latin Club III—(2/8) 8 pm VW & QS—(8/8)	21 6 pm Beginner Hip Hop 7 pm Belly Dance 7 pm Bronze Ballroom—(1/8) 8 pm Latin Club XII—(8/8) 8 pm Ballroom I—(5/8) 8 pm Gentle Yoga	22 12 pm Lunch Time Yoga 7 pm Ballroom III—(1/8) 8-9:30 pm Bolero & WC Swing Workshop ~ \$30	23 1 pm Belly Dance Fusion
24 1 pm Jazz 2 pm WC / Hustle II—(3/8) 3 pm Samba III—(1/8) 4:30 pm Gentle Yoga	25 12 pm Lunch Time Yoga 7 pm WC / Hustle VII—(7/8) 8 pm Salsa Perform—(4/8) 8 pm Stretch & Strengthen	26 6 pm Beginner Ballet 7 pm Yoga Core 8 pm Silver Ballroom—(7/8) 9 pm Silver Tango—(1/8)	27 12 pm Lunch Time Yoga 6 pm Line Dance 7 pm Stretch & Strengthen 7 pm Latin Club II—(8/8) 8 pm Latin Club III—(3/8) 8 pm VW & QS—(1/8)	28 6 pm Beginner Hip Hop 7 pm Belly Dance 7 pm Bronze Ballroom—(2/8) 8 pm Latin Club XIII—(1/8) 8 pm Ballroom I—(6/8) 8 pm Gentle Yoga 9 pm Ballroom IX—(8/8) 9 pm Modern Dance	29 12 pm am Lunch Time Yoga 7 pm Ballroom III—(2/8) 8 pm Waltz & Cha Cha Group Classes 9 pm Garden Party	30 1 pm Belly Dance Fusion

Class & Party Schedule:

Friday, March 29th
 8 pm Waltz & Cha Cha Group Classes
 9-11 pm Garden Party



Friday, April 26th
 8 pm & Salsa & Tango Group Classes
 9-11 pm Margarita Party

Group Courses:
 8 weeks—\$140

(Series Class drop in - \$20)

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

Workshops

Latin Styling

Friday, March 1st 8 pm—9:30 pm \$30

This workshop will cover techniques such as arm styling, contra-body movement, spins, and more. It will also include an opportunity mid class to practice styling and at the end as well.

Night Club 2-Step & West Coast Swing

Friday, March 8th 8 pm—9:30 pm \$30

Night Club 2-Step is similar to the Bolero in that it is danced to slow ballad music and has a drift in the step. However, it does not require the same technique such as rise and fall. West Coast Swing has a distinctive elastic look that results from its basic extension-compression technique of partner connection, and is danced primarily in a slotted area on the dance floor.

Breakdance Basics 101

Saturday, March 9th 1 pm—2:30 pm \$30

Breakdance, originally known as *Breakin'*, serves as one of historical fundamental elements in Hip hop culture. Starting in the Bronx, NY in the 70's and now worldwide. Breakdance still exist as an exciting, energetic, and acrobatic dance in today's dance culture. This workshop will cover the four foundations movements of breakdance: Top-Rock, Footwork, Power Moves, and Freezes.

Salsa, Bachata & Merengue

Sunday, March 10th 5:30 pm—7 pm \$30

Salsa, Bachata & Merengue are popular Latin club dances. Salsa is a rich blend of Latin-American and Western influences; including Western and Ballroom dancing. Bachata has a four-step beat achieved with a walking Cuban hip motion, and a unique "hip lift". In Merengue, partners may circle each other, in small steps, or switch to an open position and do a variety of turns and patterns. Join us later at 7:30pm for a group outing at Coco Cabana Restaurant to practice your skills

Workshops

Hustle & Night Club 2-Step

Friday, March 15th 8 pm—9:30 pm \$30

Night Club 2-Step is similar to the Bolero in that it is danced to slow ballad music and has a drift in the step. However, it does not require the same technique such as rise and fall. Hustle is a catchall name for some disco dances which were popular in the 1970's. Today it mostly refers to the unique partner dance done in ballrooms and nightclubs to disco music. It has some features similar to Mambo, Salsa, and Swing dance.

Ballroom & Latin

Saturday, March 16th 11 am — 4 pm \$39

This 4 hour workshop will cover the basics and patterns that fit into social dancing. Learn a selection of Ballroom and Latin dances. This workshop is designed for all ages and lunch will be provided.

Bolero & West Coast Swing

Friday, March 22nd 8 pm—9:30 pm \$30

West Coast Swing has a distinctive elastic look that results from its basic extension-compression technique of partner connection, and is danced primarily in a slotted area on the dance floor. Bolero is danced to slow tempo popular music as well as Latin music. This dance is unique in that it utilizes Cuban motion as well as rise and fall like the Waltz and contra body movement.



New Yoga Program

Now offering yoga classes six days a week!

\$15 to drop in or purchase one of our 4, 8, 12 or Unlimited Passes

Our Yoga & Stretch classes are for all levels

Lunch Time Yoga

Mon, Wed & Fri at 12 pm

Yoga Core

Tues at 7 pm

Gentle Yoga

Sun at 4:30 pm & Thur at 8 pm

Stretch & Strengthen

Mon at 8 pm & Wed at 7 pm