

Unlimited Pass Special
 Unlimited classes in **blue & red**
 Plus get 50% off workshops in January!

Only \$169!

Passes are valid for the calendar month purchased. (No carry overs)

Art is Motion

January

New Year Yoga Program



Yoga classes now available
 6 days a week!

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

Upcoming Events

- January 4—Rhythm Technique Workshop (\$30)
- January 6—WC Swing & Hustle I (\$140)
- January 9—Latin Club I (\$140)
- January 13—Ballroom I (\$140)
- January 13—Bolero & Argentine Tango Workshop (\$30)
- January 18—2-Step & Hustle Workshop (\$30)
- January 25—Winter Wonder Dance Party (\$15)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 New Year Yoga Program! Ask for details 3 pm Samba I—(8/8) 4:30 pm Gentle Yoga	31 New Year's Eve Party Tickets on sale thru 12/26 Available only in advance	Happy New Year	2 6 pm Line Dance 7 pm Stretch & Strengthen 8 pm Latin Club I—(7/8) 8 pm VW & QS—(6/8)	3 6 pm Beginner Hip Hop 7 pm Belly Dance 7 pm Bronze Ballroom—(6/8) 8 pm Latin Club XI—(5/8) 9 pm Ballroom VIII—(4/8) 9 pm Modern Dance	4 8-9:30 pm Cha Cha & Rumba Technique Workshop ~\$30 7 pm Ballroom I—(7/8)	5 1 pm Belly Dance Fusion
6 2 pm WC / Hustle I—(1/8) 4:30 pm Gentle Yoga	7 6 pm Defense Strategies 101 7 pm Flamenco 7 pm WC / Hustle VII—(4/8) 8 pm Salsa Perform—(1/8) 8 pm Stretch & Strengthen	8 6 pm Beginner Ballet - Adult 7 pm Yoga Core 8 pm Silver Ballroom—(5/8) 9 pm Silver Tango—(7/8)	9 6 pm Line Dance 7 pm Stretch & Strengthen 7 pm Latin Club I—(1/8) 8 pm Latin Club I—(8/8) 8 pm VW & QS—(7/8)	10 6 pm Beginner Hip Hop 7 pm Belly Dance 7 pm Bronze Ballroom—(7/8) 8 pm Latin Club XI—(6/8) 8 pm Gentle Yoga 9 pm Ballroom VIII—(5/8) 9 pm Modern Dance	11 8-9:30 pm 2-Step & Hustle Workshop ~\$30 7 pm Ballroom I—(8/8)	12 1 pm Belly Dance Fusion
13 3-4:30 pm Bolero & Argentine Tango Workshop ~\$30 2 pm WC / Hustle I—(2/8) 3 pm Ballroom I—(1/8) 4:30 pm Gentle Yoga	14 6 pm Defense Strategies 101 7 pm Flamenco 7 pm WC / Hustle VII—(5/8) 8 pm Salsa Perform—(2/8) 8 pm Stretch & Strengthen	15 6 pm Beginner Ballet - Adult 7 pm Yoga Core 8 pm Silver Ballroom—(6/8) 9 pm Silver Tango—(8/8)	16 6 pm Line Dance 7 pm Stretch & Strengthen 7 pm Latin Club I—(2/8) 8 pm Latin Club II—(1/8) 8 pm VW & QS—(8/8)	17 6 pm Beginner Hip Hop 7 pm Belly Dance 7 pm Bronze Ballroom—(8/8) 8 pm Latin Club XI—(7/8) 8 pm Gentle Yoga 9 pm Ballroom VIII—(6/8) 9 pm Modern Dance	18 8-9:30 pm 2-Step & Hustle Workshop ~\$30 7 pm Ballroom II—(1/8)	19 1 pm Belly Dance Fusion
20 2 pm WC / Hustle I—(3/8) 3 pm Ballroom I—(2/8) 3 pm Samba II—(1/8) 4:30 pm Gentle Yoga	21 6 pm Defense Strategies 101 7 pm Flamenco 7 pm WC / Hustle VII—(6/8) 8 pm Salsa Perform—(3/8) 8 pm Stretch & Strengthen	22 6 pm Beginner Ballet - Adult 7 pm Yoga Core 8 pm Silver Ballroom—(7/8) 9 pm Silver Tango—(1/8)	23 6 pm Line Dance 7 pm Stretch & Strengthen 7 pm Latin Club I—(3/8) 8 pm Latin Club II—(2/8) 8 pm VW & QS—(1/8)	24 6 pm Beginner Hip Hop 7 pm Belly Dance 7 pm Bronze Ballroom—(1/8) 8 pm Latin Club XI—(8/8) 8 pm Gentle Yoga 9 pm Ballroom VIII—(7/8) 9 pm Modern Dance	25 7 pm Ballroom II—(2/8) 8 pm Tango & Hustle Group Classes 9 pm Winter Wonder Party	26 1 pm Belly Dance Fusion
27 2 pm WC / Hustle I—(4/8) 3 pm Ballroom I—(3/8) 3 pm Samba II—(2/8) 4:30 pm Gentle Yoga	28 6 pm Defense Strategies 101 7 pm Flamenco 7 pm WC / Hustle VII—(7/8) 8 pm Salsa Perform—(4/8) 8 pm Stretch & Strengthen	29 6 pm Beginner Ballet - Adult 7 pm Yoga Core 8 pm Silver Ballroom—(8/8) 9 pm Silver Tango—(2/8)	30 6 pm Line Dance 7 pm Stretch & Strengthen 7 pm Latin Club I—(4/8) 8 pm Latin Club II—(3/8) 8 pm VW & QS—(2/8)	31 6 pm Beginner Hip Hop 7 pm Belly Dance 7 pm Bronze Ballroom—(2/8) 8 pm Latin Club XII—(1/8) 8 pm Gentle Yoga 9 pm Ballroom IX—(8/8) 9 pm Modern Dance	1 12 pm am Lunch Time Yoga 7 pm Ballroom II—(3/8)	2 1 pm Belly Dance Fusion

Class & Party Schedule:

Friday, January 25th
 8 pm Tango & Hustle Classes
 9-11 pm Winter Wonder



Friday, February 22nd
 8 pm Foxtrot & Bolero
 9-11 pm Red Carpet

Group Courses:
 8 weeks—\$140

(Series Class drop in - \$20)

- Ballroom:** Foxtrot Waltz Rumba
 Cha Cha Swing Tango
- Latin Club:** Salsa Bachata Merengue
- Tango** WC 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

New Year 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

Mondays, Wednesdays & Fridays at 12 pm

Take a noon-time break restoring & re-energizing mind body with gentle yoga. The class is designed "for all bodies" and affords the opportunity to focus on enhancing mindfulness and asana practice. Class begins with a brief calming meditation connecting with breath to find a quiet mind to enhance your yoga practice. The flow of movement offers a sequence of standing, seated, and balance poses which progresses at the student's level. Although moderate in pace, this class is a vinyasa flow practice focusing on alignment and body awareness building strength, flexibility, stability, and balance encouraging the students to find comfort and ease to live better in their bodies.

Gentle Yoga

Sundays at 4:30 pm & Thursdays at 8 pm

This gentle yoga practice focuses on slow paced postures and is perfect for all skill levels including beginners. Your instructor will instruct and demonstrate all poses and offer modifications to match your practice. An emphasis will be placed on joining breath with movement, stilling the mind and reducing overall stress.

Yoga Core

Tuesdays at 7 pm

This yoga class will focus on conditioning with core exercises and stretching to improve strength and flexibility around the joints.

Stretch & Strengthen

Mondays at 8 pm & Wednesdays at 7 pm



Achieve greater flexibility, range of motion, and toning of the body, through Balletic stretching, strengthening, and yoga.

Learn Something New in 2019!



**New Beginner Group Classes
8 weeks for \$140**

West Coast Swing & Hustle I

Sundays at 2 pm starting 1/6/19

Add these favorites to your dance skillset. West Coast, danced in a slotted area on the dance floor, and covers a large variety of music genres. The fun and upbeat Hustle is danced to disco flavored music.

Latin Club I

Salsa, Bachata & Merengue

Wednesdays at 7 pm starting 1/9/19

Find your Latin groove and have fun with these upbeat and popular Latin dances! Improve fitness and coordination to Latin flavored tunes while getting ready for your next cruise or outing to an in-town Salsa club.

Ballroom I

Waltz, Foxtrot, Swing, Tango, Rumba & Cha Cha

Sundays at 3 pm starting 1/13/19

Make an impression and have more fun at weddings, parties, business functions, and on vacation! Experience the timeless elegance of Foxtrot, the rush of Swing, and the comfortable romance of Rumba. This series covers 6 of the most popular social dances. Be ready to dance to all types of music!

Enrollment is open until the 2nd class date after a course starts. No partner or prior experience is necessary to enroll.