

Now enrolling!

8 week only \$148

Ballroom I Latin Club I

* Registration Required
Call to register



Art is Motion

December 2019

New Years Party!
Tuesday, December 31 9 pm-12:30 am Dance Social
@ Our Duluth Studio
Before December 23rd - \$45 / After December 23rd - \$55

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8 2-3:30 pm Holiday Swing Workshop (\$30) @ Our Duluth Studio 3:30-4:30 pm Salsa 101 (\$20)	9	10	11	12 7 pm Pouring Down the Peace—Gentle Yoga & Wine Tasting (\$30) @ Our Duluth Location 8:30 pm Intro to Theatre (\$20)	13 7 pm Pouring Down the Peace—Gentle Yoga & Wine Tasting (\$30) @ Our Duluth Location 8:30 pm Intro to Theatre (\$20)	14 12 pm Self-Defense Workshop (\$30) @ Our Duluth Studio
15 2-3:30 pm Holiday Swing Workshop (\$30) 4-5 pm Salsa 101 (\$20)	16	17	18	19	20	21
22	23	24	25	26	27	28
29 6 pm Salsa Brushup (\$20) @ Our Duluth Studio 7:30 pm AIM Salsa Outing @ Coco Cabana	30	31 NYE PARTY 9 pm - 12:30 am @ Our Duluth Studio Pre-registration only	1	2	3	4 11 am Zumba New Year Fitness Blast Off 1 pm: Stretch & Strengthen 2 pm: Zumba 3 pm: Salsa / Bachata 4 pm: Rumba

Upcoming Events:

- December 8th - Swing Holiday Workshop (\$30)
- December 8th- Salsa 101 Workshop
- December 13th - Pour Down the Peace - Yoga & Wine (\$30)
- December 13th - Intro to Theatre (\$20)
- December 14th - Self-Defense Workshop (\$30)
- December 29th - Salsa Brush-up Class (\$20)
- December 29th - Salsa Outing @ Coco Cabana
- December 31st - New Year's Eve Party (\$45)
- January 4th - New Years Challenge @ Buford Studio



Group Courses:

8 weeks—\$148

(Series Class drop in - \$25)

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

Buford Studio Events



Holiday Swing Workshop (\$30)

Sunday, 12/15 @ 2 - 3:00 pm

Get ready for your Holiday parties! Learn to swing along to all your favorite festive tunes.

Salsa 101 (\$20)

Sunday, 12/15 @ 4 - 5 pm

Learn the essential basic elements of the most popular Latin dance spiced with a variety of fun new moves.

New Year Fitness Blast Off CHALLENGE

Saturday, 1/4

Stretch & Strengthen @ 1 pm (\$20)

Warm up your spine

Zumba @ 2 pm (\$20)

Warm up your spine

Salsa & Bachata @ 3 pm (\$20)

Warm up your spine

Rumba @ 4 pm (\$20)

Warm up your spine

New Years Challenge—

If you can make it through ALL FOUR hours off classes, the charge for all four courses is ONLY

\$30



Duluth Studio Events

Holiday Swing Workshop (\$30)

Sunday, 12/8 @ 2 - 3:00 pm

Get ready for your Holiday parties! Learn to swing along to all your favorite festive tunes.

Salsa 101 (\$20)

Sunday, 12/8 @ 3:30 - 4:30 pm

Learn the essential basic elements of the most popular Latin dance spiced with a variety of fun new moves.

Pour Down the Peace—Yoga & Wine (\$30)

Friday, 12/13 @ 7:00 pm

Find your peace with a gentle yoga class by Nicole focused on mindful slow vinyasa flow. After class join our Sommelier as he shares his hand picked red and white for a mini tasting followed by your choice of a full pour. It's great way to end your week.

Intro to Theatre Specialty Class (\$20)

Friday, 12/13 @ 8:30 pm

Join Lauren Stacks at her theatrical movement styles specialty class and receive an introduction to the theatre games and movement techniques.

Self Defense Workshop (\$20)

Saturday, 12/14 @ 12 pm

Prepare yourself for the dire situations that would threaten your safety. Upgrade the efficacy of your fight or flight instincts with these techniques including hand-to-hand combat, how to fall safely, defending against attacks with weapons, and offender take-downs.

Salsa Brush-Up Specialty Class (\$20)

Sunday, 12/29 @ 6 pm

Brush up on your salsa basics and then join the AIM team at a Salsa outing afterwards at 7:30 pm at Coco Cabana.

New Years Eve Party (\$45 before 12/23)

Tuesday, 12/31 @ 12 pm

Celebrate with an elegant evening of dancing, party favors, hors d'oeuvres, drinks, and a midnight champagne toast.