

Workshop Special

6 workshops in February

Only \$120!

Unlimited Pass holders
get 15% off the Workshop Special

Art is Motion




February 2019

Share the Love

20% off
Gift Certificates

Give the Gift of Dance to Someone You Love

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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	12 pm Lunch Time Yoga 28 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 7 pm Yoga Core 8 pm Silver Ballroom—(8/8) 9 pm Silver Tango—(2/8)	12 pm Lunch Time Yoga 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 VIII—(8/8) 9 pm Modern Dance	12 pm Lunch Time Yoga 1 8-9:30 pm Paso Doble & Night Club 2-step Workshop ~ \$30 7 pm Ballroom II—(2/8)	2 1 pm Belly Dance Fusion
3 12:30-2 pm ~ \$30 Bolero & Argentine Tango Workshop 2 pm WC / Hustle I—(5/8) 3 pm Ballroom I—(4/8) 3 pm Samba II—(3/8) 4:30 pm Gentle Yoga	12 pm Lunch Time Yoga 4  6 pm Defense Strategies 101 7 pm Flamenco 7 pm WC / Hustle VII—(8/8) 8 pm Salsa Perform—(5/8) 8 pm Stretch & Strengthen	5 6 pm Beginner Ballet 7 pm Yoga Core 8 pm Silver Ballroom—(1/8) 9 pm Silver Tango—(3/8)	12 pm Lunch Time Yoga 6 6 pm Line Dance 7 pm Stretch & Strengthen 7 pm Latin Club I—(5/8) 8 pm Latin Club II—(4/8) 8 pm VW & QS—(3/8)	7 6 pm Beginner Hip Hop 7 pm Belly Dance 7 pm Bronze Ballroom—(3/8) 8 pm Latin Club XII—(2/8) 8 pm Gentle Yoga 9 pm Ballroom IX—(1/8) 9 pm Modern Dance	12 pm Lunch Time Yoga 8 8-9:30 pm Latin Styling Workshop ~ \$30 7 pm Ballroom II—(3/8)	9 1 pm Belly Dance Fusion
10 1 pm Jazz 2 pm WC / Hustle I—(6/8) 3 pm Ballroom I—(5/8) 3 pm Samba II—(4/8) 4:30 pm Gentle Yoga	12 pm Lunch Time Yoga 11  6 pm Defense Strategies 101 7 pm Flamenco 7 pm WC / Hustle VII—(1/8) 8 pm Salsa Perform—(6/8) 8 pm Stretch & Strengthen	12  6 pm Beginner Ballet 7 pm Yoga Core 8 pm Silver Ballroom—(2/8) 9 pm Silver Tango—(4/8)	12 pm Lunch Time Yoga 13 6 pm Line Dance 7 pm Stretch & Strengthen 7 pm Latin Club I—(6/8) 8 pm Latin Club II—(5/8) 8 pm VW & QS—(4/8)	14 6 pm Beginner Hip Hop 7 pm Belly Dance 7 pm Bronze Ballroom—(4/8) 8 pm Latin Club XII—(3/8) 8 pm Gentle Yoga 9 pm Ballroom IX—(2/8) 9 pm Modern Dance	12 pm Lunch Time Yoga 15 8-9:30 pm County Western 2-Step & Night Club 2-step Workshop ~ \$30 7 pm Ballroom II—(4/8)	16 1 pm Belly Dance Fusion 11 am - 4 pm Jazz & Contemporary Workshop ~ \$39
17 1 pm Jazz 2 pm WC / Hustle I—(7/8) 3 pm Ballroom I—(6/8) 3 pm Samba II—(5/8) 4:30 pm Gentle Yoga	12 pm Lunch Time Yoga 18 6 pm Defense Strategies 101 7 pm Flamenco 7 pm WC / Hustle VII—(2/8) 8 pm Salsa Perform—(7/8) 8 pm Stretch & Strengthen	19 6 pm Beginner Ballet 7 pm Yoga Core 8 pm Silver Ballroom—(3/8) 9 pm Silver Tango—(5/8)	12 pm Lunch Time Yoga 20  6 pm Line Dance 7 pm Stretch & Strengthen 7 pm Latin Club I—(7/8) 8 pm Latin Club II—(6/8) 8 pm VW & QS—(5/8)	21 6 pm Beginner Hip Hop 7 pm Belly Dance 7 pm Bronze Ballroom—(5/8) 8 pm Latin Club XII—(4/8) 8 pm Gentle Yoga 9 pm Ballroom IX—(3/8) 9 pm Modern Dance	12 pm Lunch Time Yoga 22 7 pm Ballroom II—(5/8) 8 pm Foxtrot & Bolero Group Classes 9 pm Red Carpet Party	23 1 pm Belly Dance Fusion 10:30-12 pm ~ \$30 Yoga for Beginners Workshop 1-2 :30 pm ~ \$30 Breakdance Basics 101 Workshop
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	12 pm Lunch Time Yoga 25  6 pm Defense Strategies 101 7 pm Flamenco 7 pm WC / Hustle VII—(3/8) 8 pm Salsa Perform—(8/8) 8 pm Stretch & Strengthen	26 6 pm Beginner Ballet 7 pm Yoga Core	12 pm Lunch Time Yoga 27 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 Gentle Yoga 9 pm Ballroom IX—(4/8) 9 pm Modern Dance	12 pm am Lunch Time Yoga 1  7 pm Ballroom II—(6/8)	2 1 pm Belly Dance Fusion

Upcoming Events

February 1—Paso Doble & Night Club 2-Step
Workshop (\$30)

February 8—Latin Styling Workshop (\$30)

February 10—Bolero & Argentine Tango Workshop (\$30)

February 15—Country 2-Step & Night Club 2-Step
Workshop (\$30)

February 23—Yoga for Beginners Workshop (\$30)

February 23—Breakdance Basics 101 Workshop (\$30)

Class & Party Schedule:

Friday, February 22nd

8 pm Foxtrot & Bolero Classes
9-11 pm Red Carpet



Friday, March 29th

8 pm Waltz & Cha Cha
9-11 pm Garden 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

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

Mon, Wed & Fri at 12 pm

Gentle Yoga

Sun at 4:30 pm & Thur at 8 pm

Yoga Core

Tues at 7 pm

Stretch & Strengthen

Mon at 8 pm & Wed at 7 pm

Special Workshops

Yoga for Beginners

Saturday, February 23rd 10:30 am—12 pm

Never taken a Yoga class, but have always wanted to try? This workshop is for you! This workshop will break down the fundamentals of yoga from the physical practice to the mental one. It includes light meditation before and after the workshop.

Breakdance Basics 101

Saturday February 23rd 1 pm—2:30 pm

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.

The Heritage Classic

DanceSport Championships

February 26—March 3

Voted "Competition of the Year" 3 years
in succession!

Special Saturday Evening Show:
Victor DaSilva & Anna Melnikova



The Grove Park Inn, Asheville, N.C.

Whether you have come to compete or come to marvel at some of the dance world's most spectacular performers, we invite you to experience everything that makes The Grove Park Inn one of the finest resorts in the Southeast.

Special Room Rate of \$260 / a night

Saturday, March 2nd Show Tickets
\$50 / per person

Contact us as soon as possible for room
availability and/or tickets

Latin Styling

Friday, February 8th 8 pm—9:30 pm

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.