

## Rosendo Coaching



Sunday, April 14th

Rosendo is available for coaching on April 14th. \$160 per 45 minute session. Call us for more details.

# Art is Motion

## April 2019

## AIM Dance Challenge

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.



## Upcoming Events

- March 5—East Coast Swing Workshop (\$30)
- March 13—AIM Dance Challenge (\$5)
- March 14—Rosendo Coaching
- March 19—Smooth Technique Workshop (\$30)
- March 20—Hip-Hop Workshop (\$39)
- March 28—Salsa, Bachata & Merengue Workshop (\$30)

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>31</b> <p>1 pm Jazz 2 pm WC / Hustle II—(4/8) 3 pm Flamenco 4:30 pm Gentle Yoga</p>	<b>1</b> <p>12 pm Lunch Time Yoga 7 pm WC / Hustle VII—(8/8) 8 pm Salsa Perform—(5/8) 8 pm Stretch &amp; Strengthen</p>	<b>2</b> <p>6 pm Beginner Ballet 7 pm Yoga Core 8 pm Silver Ballroom—(8/8) 9 pm Silver Tango—(2/8)</p>	<b>3</b> <p>12 pm Lunch Time Yoga 6 pm Line Dance 7 pm Latin Club II—(4/8) 7 pm VW &amp; QS—(2/8) 8 pm Latin Club III—(4/8) 8 pm Stretch &amp; Strengthen</p>	<b>4</b> <p>6 pm Beginner Hip Hop 7 pm Belly Dance 7 pm Bronze Ballroom—(3/8) 8 pm Ballroom I—(7/8) 8 pm Gentle Yoga 9 pm Ballroom X—(1/8) 9 pm Modern Dance</p>	<b>5</b> <p>12 pm Lunch Time Yoga 7 pm Ballroom III—(3/8) 8-9:30 pm East Coast Swing Workshop ~ \$30</p>	<b>6</b> <p>1 pm Belly Dance Fusion</p>
<b>7</b> <p>1 pm Jazz 2 pm WC / Hustle II—(5/8) 3 pm Latin Club I—(1/8) 3 pm Flamenco 4:30 pm Gentle Yoga</p>	<b>8</b> <p>12 pm Lunch Time Yoga 7 pm WC / Hustle VIII—(1/8) 8 pm Salsa Perform—(8/8) 8 pm Stretch &amp; Strengthen</p>	<b>9</b> <p>6 pm Beginner Ballet 7 pm Yoga Core 8 pm Silver Ballroom—(1/8) 9 pm Silver Tango—(3/8)</p>	<b>10</b> <p>12 pm Lunch Time Yoga 6 pm Line Dance 7 pm Latin Club II—(5/8) 7 pm VW &amp; QS—(3/8) 8 pm Latin Club III—(5/8) 8 pm Stretch &amp; Strengthen</p>	<b>11</b> <p>6 pm Beginner Hip Hop 7 pm Belly Dance 7 pm Bronze Ballroom—(4/8) 8 pm Ballroom I—(8/8) 8 pm Gentle Yoga 9 pm Ballroom X—(2/8) 9 pm Modern Dance</p>	<b>12</b> <p>12 pm Lunch Time Yoga 7 pm Ballroom III—(4/8)</p>	<b>13</b> <p>1 pm Belly Dance Fusion AIM Dance Challenge 2:30 pm—5:30 pm ~ \$5</p>
<b>14</b> <p>1 pm Jazz 2 pm WC / Hustle II—(6/8) 3 pm Latin Club I—(2/8) 3 pm Flamenco 4:30 pm Gentle Yoga</p>	<b>15</b> <p>12 pm Lunch Time Yoga 7 pm WC / Hustle VIII—(2/8) 8 pm Salsa Perform—(7/8) 8 pm Stretch &amp; Strengthen</p>	<b>16</b> <p>6 pm Beginner Ballet 7 pm Yoga Core 8 pm Silver Ballroom—(2/8) 9 pm Silver Tango—(4/8)</p>	<b>17</b> <p>12 pm Lunch Time Yoga 6 pm Line Dance 7 pm Latin Club II—(6/8) 7 pm VW &amp; QS—(4/8) 8 pm Latin Club III—(6/8) 8 pm Stretch &amp; Strengthen</p>	<b>18</b> <p>6 pm Beginner Hip Hop 7 pm Belly Dance 7 pm Bronze Ballroom—(8/8) 8 pm Ballroom II—(1/8) 8 pm Gentle Yoga 9 pm Ballroom X—(3/8) 9 pm Modern Dance</p>	<b>19</b> <p>12 pm Lunch Time Yoga 7 pm Ballroom III—(5/8) 8-9:30 pm Smooth Technique Workshop ~ \$30</p>	<b>20</b> <p>9:45 am Belly Dance Fusion 11 am – 4 pm Hip-Hop Workshop ~ \$39</p>
<b>21</b> <p>1 pm Jazz 2 pm WC / Hustle II—(7/8) 3 pm Latin Club I—(3/8) 3 pm Flamenco 4:30 pm Gentle Yoga</p>	<b>22</b> <p>12 pm Lunch Time Yoga 7 pm WC / Hustle VIII—(3/8) 8 pm Salsa Perform—(8/8) 8 pm Stretch &amp; Strengthen</p>	<b>23</b> <p>6 pm Beginner Ballet 7 pm Yoga Core 8 pm Silver Ballroom—(3/8) 9 pm Silver Tango—(5/8)</p>	<b>24</b> <p>12 pm Lunch Time Yoga 6 pm Line Dance 7 pm Latin Club II—(7/8) 7 pm VW &amp; QS—(5/8) 8 pm Latin Club III—(7/8) 8 pm Stretch &amp; Strengthen</p>	<b>25</b> <p>6 pm Beginner Hip Hop 7 pm Belly Dance 7 pm Bronze Ballroom—(1/8) 8 pm Ballroom II—(2/8) 8 pm Gentle Yoga 9 pm Ballroom XX—(4/8) 9 pm Modern Dance</p>	<b>26</b> <p>12 pm Lunch Time Yoga 7 pm Ballroom III—(6/8) 8 pm Salsa &amp; Tango Group Classes 9 pm Margarita Party</p>	<b>27</b> <p>9:45 am Belly Dance Fusion</p>
<b>28</b> <p>1 pm Jazz 2 pm WC / Hustle II—(8/8) 3 pm Latin Club I—(4/8) 3 pm Flamenco 4:30 pm Gentle Yoga 5:30 pm – 7 pm Salsa, Merengue &amp; Bachata Workshop ~ \$30</p>	<b>29</b> <p>12 pm Lunch Time Yoga 7 pm WC / Hustle VIII—(4/8) 8 pm Salsa Perform—(1/8) 8 pm Stretch &amp; Strengthen</p>	<b>30</b> <p>6 pm Beginner Ballet 7 pm Yoga Core 8 pm Silver Ballroom—(4/8) 9 pm Silver Tango—(6/8)</p>	<b>1</b> <p>12 pm Lunch Time Yoga 6 pm Line Dance 7 pm Latin Club II—(8/8) 7 pm VW &amp; QS—(6/8) 8 pm Latin Club III—(8/8) 8 pm Stretch &amp; Strengthen</p>	<b>2</b> <p>6 pm Beginner Hip Hop 7 pm Belly Dance 7 pm Bronze Ballroom—(2/8) 8 pm Ballroom II—(3/8) 8 pm Gentle Yoga 9 pm Ballroom X—(5/8) 9 pm Modern Dance</p>	<b>3</b> <p>12 pm Lunch Time Yoga 7 pm Ballroom III—(7/8)</p>	<b>4</b> <p>1 pm Belly Dance Fusion</p>

## Class & Party Schedule:

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



Friday, May 31st  
8 pm & Rumba & Foxtrot Group Classes  
9-11 pm Moonlight Ball

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

### East Coast Swing

Friday, April 5th 8 pm—9:30 pm \$30

A simplified form of Lindy Hop, East Coast Swing was developed for instructional purposes in dance studios and utilizes six-count patterns. It has alternatively been called Jitterbug, American Swing, Lindy and Triple Swing. Learn the basic steps and technique for this fun dance!

### Smooth Technique

Friday, April 19th 8 pm—9:30 pm \$30

In this workshop, learn the ins and outs of framework, footwork, posture, poise, body flight and movement. These techniques will improve how your smooth dances flow and progress your dancing.

### Hip-Hop

Saturday, April 20th 11 am—4 pm \$39

Get down to the nitty gritty in this workshop! Unwind with some grooves and swag the dancing out. We'll review basics, talk about vibes to different songs and practice some 8 counts at the end of class. Lunch will be provided.

### Salsa, Bachata & Merengue

Sunday, April 28th 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.



## 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

### 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 8 pm

Be delighted with entertainment, general dancing & a gourmet dinner. Tickets include dinner & one beverage. Dinner at 6 pm, Act I at 7 pm. Admission is \$25 (save \$5 before April 12th). Visit our website to reserve yours!

