



FREE
ZUMBA
PARTY

Fun Fitness!

SATURDAY,
APRIL 19TH
11 AM-12 NOON

BRING A TOWEL & A BOTTLE OF WATER

Art is Motion

April 2025

Beginner Classes

ENROLL NOW

Latin Club Dance I—Mon 5/5 @ 8 pm
Salsa, Bachata & Merengue

Social Dance I—Wed 5/7 @ 7 pm
Foxtrot, Swing, Rumba, Cha Cha

Swing 101—Sun 5/4 @ 12 pm
Swing—\$88 4 classes

New Monthly Classes:

Tai Chi	Contemporary
Gentle Yoga	Hip Hip
Zumba	Belly Dance
Ballet	Burlesque
Jazz	Tap

*Pre-enrollment is required for all classes. Please enroll at least 48 hours prior to desired class by Calling or Texting 678-577-2823 or Emailing dance@artismotion.org

678-577-2823 | <https://ArtsIsMotion.org> | 1560 Indian Trail Road, # 109, Norcross, GA 30093

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 1 pm Bronze Ballroom—(8/8) 2 pm Latin Club I—(3/8)	31 7 pm Silver Ballroom—(2/8) 7 pm Latin Club VIII—(4/8) 8 pm Latin Club IV—(4/8) 8 pm VW / PB / QS—(1/8) 8:15 pm Gentle Yoga	1 Be fit, be fabulous, be happy 11 am Zumba 6 pm Tap 7 pm Latin Club VI—(3/8) 8 pm Latin Club II—(1/8)	2 3 pm Tai Chi 6 pm Jazz 7 pm Night Club V—(8/8) 7 pm Belly Dance 8 pm Hip Hop 8 pm Social Dance II—(3/8)	3 6 pm Contemporary 7 pm Social Dance VII—(5/8) 8 pm Latin Club I—(3/8)	4 7 pm Ballet	5 10 am Ballet 11 am Burlesque NEW
6 1 pm Bronze Ballroom—(1/8) 2 pm Latin Club I—(4/8)	7 7 pm Silver Ballroom—(3/8) 7 pm Latin Club VIII—(5/8) 8 pm Latin Club IV—(5/8) 8 pm VW / PB / QS—(2/8) 8:15 pm Gentle Yoga	8 NEW 11 am Zumba 6 pm Tap 7 pm Latin Club VI—(4/8) 8 pm Latin Club II—(2/8)	9 3 pm Tai Chi 6 pm Jazz 7 pm Night Club VI—(1/8) 7 pm Belly Dance 8 pm Hip Hop 8 pm Social Dance II—(4/8)	10 6 pm Contemporary 7 pm Social Dance VII—(6/8) 8 pm Latin Club I—(4/8)	11 7 pm Date Night Dance Class for Couples Salsa & Bachata	12 10 am Ballet 11 am Burlesque 1 pm Intro to Shamanic Journeying \$35
13 1 pm Bronze Ballroom—(2/8) 2 pm Latin Club I—(5/8)	14 7 pm Silver Ballroom—(4/8) 7 pm Latin Club VIII—(6/8) 8 pm Latin Club IV—(6/8) 8 pm VW / PB / QS—(3/8) 8:15 pm Gentle Yoga	15 11 am Zumba 6 pm Tap 7 pm Latin Club VI—(5/8) 8 pm Latin Club II—(3/8)	16 3 pm Tai Chi 6 pm Jazz 7 pm Night Club VI—(2/8) 7 pm Belly Dance 8 pm Hip Hop 8 pm Social Dance II—(5/8)	17 6 pm Contemporary 7 pm Social Dance VII—(7/8) 8 pm Latin Club I—(5/8)	18 7 pm Ballet	19 10 am Ballet 11 am Burlesque 11 am—12 noon FREE ZUMBA PARTY! Summer
20 1 pm Bronze Ballroom—(3/8) 2 pm Latin Club I—(6/8)	21 7 pm Silver Ballroom—(5/8) 7 pm Latin Club VIII—(7/8) 8 pm Latin Club IV—(7/8) 8 pm VW / PB / QS—(4/8) 8:15 pm Gentle Yoga	22 11 am Zumba 6 pm Tap 7 pm Latin Club VI—(6/8) 8 pm Latin Club II—(4/8)	23 3 pm Tai Chi 6 pm Jazz 7 pm Night Club VI—(3/8) 7 pm Belly Dance 8 pm Hip Hop 8 pm Social Dance II—(6/8)	24 6 pm Contemporary 7 pm Social Dance VII—(8/8) 8 pm Latin Club I—(6/8)	25 7 pm Date Night Dance Class for Couples Rumba & Salsa	26 10 am Ballet 11 am Burlesque
27 1 pm Bronze Ballroom—(4/8) 2 pm Latin Club I—(7/8)	28 7 pm Silver Ballroom—(6/8) 7 pm Latin Club VIII—(8/8) 8 pm Latin Club IV—(8/8) 8 pm VW / PB / QS—(5/8) 8:15 pm Gentle Yoga	29 11 am Zumba 6 pm Tap 7 pm Latin Club VI—(6/8) 8 pm Latin Club II—(4/8)	30 3 pm Tai Chi 6 pm Jazz 7 pm Night Club VI—(4/8) 7 pm Belly Dance 8 pm Hip Hop 8 pm Social Dance II—(7/8)	1 NEW 6 pm Contemporary 7 pm Social Dance VIII—(1/8) 8 pm Latin Club I—(7/8)	2 7 pm Date Night Dance Class for Couples Swing & Bachata	3 10 am Ballet 11 am Burlesque Danco de Mayo Fiesta! 8—10 pm \$25



DANCO DE MAYO FIESTA

Saturday, May 3rd
8-10 PM

\$25

Group Courses:

8 weeks—\$175

(Early enrollment \$160—7+ Days Prior)

Series Class drop in - \$25

Social Dance: Foxtrot Rumba Cha Cha
Swing Tango Waltz

Latin Club Dance: Salsa Bachata Merengue

Night Club Dance: Samba Night Club 2 Step
Hustle West Coast Swing

Specialty: Chicago Step Viennese Waltz/QS/Peabody

***Pre-enrollment required.**
Classes not meeting the minimum 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"

Pre-enrollment is required for all classes. Classes not meeting minimum enrollment will be postponed.

Please enroll at least 48 hours prior to desired class by Calling or Texting 678-577-2823 or Emailing dance@artismotion.org

Monthly Pass Classes:

1 Class—\$25 4 Classes—\$75

8 Classes—\$140 Unlimited—\$185

All classes in blue on the calendar are included in the passes

Passes are valid for the month therein purchased.

(Passes do not carry over to the following calendar month)

Yoga — Mondays @ 8:15 pm

Relax, increase your flexibility, & control your thoughts. Leave rejuvenated & peaceful.

Tai Chi — Wednesdays @ 3 pm

Enjoy practicing slow paced, gentle movements to restore the body and calm the mind.

Zumba — Tuesdays @ 11 am

Fun Fitness! Latin dance inspired interval style cardio workout going strong since 2001.

Tap — Tuesdays @ 6 pm

Musicality & improvisation using your feet as an instrument of "expression" that creates sounds with the floor.

Ballet — Fridays @ 7 pm | Saturdays @ 10 am

Improve posture, balance and flexibility. Boost your confidence through the artistry and grace of ballet.

Contemporary — Thursdays @ 6 pm

Express emotions through movement including exercises to increase flexibility, strength and body awareness.

Jazz — Wednesdays @ 6 pm

For dancers who enjoy physical challenges, precision, and expressing their personal style.

Belly Dance — Wednesdays @ 7 pm

An expressive dance class centered on building core strength, fluidity, and precision in movement.

Hip Hop — Wednesdays @ 8 pm

A dynamic dance class exploring rhythm, foundational techniques, and energetic movement.

Burlesque — Saturdays @ 11 am

Build confidence & feel amazing with seductive, suggestive dance moves, comedy, & stage presence!

Rock Around the Clock Sundays at 12 noon! Have fun learning the essential basics of American Style East Coast Swing for social events, weddings, cruises and parties. **Make it a month of dates!** Or participate in this upbeat dance to liven up your weekend and move to your favorite pop music retro and current.



SWING 101
4 WEEK COURSE
SUNDAYS @ 12 NOON
STARTING MAY 4TH
\$88 INDIVIDUAL
\$176 COUPLE

Gain a solid understanding of the fundamentals of American Style **Cha Cha**, **Rumba**, **Swing** and **Foxtrot**. Learn the essential basics for social events, weddings, cruises and parties. Feel comfortable and at ease navigating the dance floor.



SOCIAL DANCE I
8 WEEK COURSE
WEDNESDAYS @ 7 PM
STARTING MAY 7TH
\$175 INDIVIDUAL
\$350 COUPLE
**RUMBA
CHA CHA
SWING**



LATIN CLUB DANCE I
8 WEEK COURSE
MONDAYS @ 8 PM
STARTING MAY 5TH
\$175 INDIVIDUAL
\$350 COUPLE
**SALSA
BACHATA**

Gain a solid understanding of the essential fundamentals of **Salsa**, **Bachata** and **Merengue**. Learning to move to this upbeat, feel good music is a great way to connect with others and get some fun cardio. Great for beginners!

Socialize & Dance!
Practice your moves & express yourself!
Everyone welcome!
Open to the public!
Newcomer friendly!



DANCO DE MAYO FIESTA
Saturday, May 3rd
8-10 PM
\$25