

Beginner Classes

Latin Club Dance I—Thurs 5/8 @ 7 pm
Salsa, Bachata & Merengue

Social Dance I—Mon 4/28 @ 7 pm
Foxtrot, Swing, Rumba, Cha Cha

ENROLL
NOW

Art is Motion

May 2025



**FREE
ZUMBA
PARTY**


Fun
Fitness!

SATURDAY,
MAY 10TH
11 AM-12 PM

BRING A TOWEL & A BOTTLE OF WATER

*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://ArtIsMotion.org> | 4965 Lanier Islands Pkwy #102, Buford, GA 30518

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27  2 pm Zumba 6 pm Social Dance VI—(1/8) 7 pm Social Dance I—(1/8)	28  2 pm Zumba Be fit, be fabulous, be happy  6 pm Social Dance VI—(2/8) 7 pm Social Dance I—(2/8)	29 8 am Gentle Yoga 7 pm Social Dance II—(5/8)	30 9:30 am Zumba 7 pm Latin Club I—(3/8) 8 pm Latin Club II—(7/8)	1 8 am Gentle Yoga Social Dance I Mondays Latin Club I Thursdays Enroll Now! 8 pm Latin Club I—(7/8)	2  7 pm Date Night Dance Class for Couples Swing & Bachata	3  NORCROSS Danco de Mayo Fiesta! 8—10 pm \$25
4 2 pm Zumba Be fit, be fabulous, be happy  6 pm Social Dance VI—(2/8) 7 pm Social Dance I—(2/8)	5 8 am Gentle Yoga 7 pm Social Dance II—(6/8)	6 8 am Gentle Yoga 7 pm Social Dance II—(6/8)	7 9:30 am Zumba  7 pm Latin Club I—(4/8) 8 pm Latin Club II—(8/8)	8 8 am Gentle Yoga  7 pm Latin Club I—(1/8) 8 pm Latin Club I—(8/8)	9 11 am—12 pm FREE ZUMBA PARTY! 	10 11 am—12 pm FREE ZUMBA PARTY! 
11 2 pm Zumba 6 pm Social Dance VI—(3/8) 7 pm Social Dance I—(3/8)	12 2 pm Zumba 6 pm Social Dance VI—(3/8) 7 pm Social Dance I—(3/8)	13 8 am Gentle Yoga  7 pm Social Dance II—(7/8)	14 9:30 am Zumba 7 pm Latin Club I—(5/8) 8 pm Latin Club III—(1/8)	15 8 am Gentle Yoga  7 pm Latin Club I—(2/8) 8 pm Latin Club II—(1/8)	16  7 pm Date Night Dance Class for Cou- ples	17
18 2 pm Zumba 6 pm Social Dance VI—	19 2 pm Zumba 6 pm Social Dance VI—	20 8 am Gentle Yoga 7 pm Social Dance II—(8/8)	21 9:30 am Zumba  7 pm Latin Club I—(6/8) 8 pm Latin Club III—(2/8)	22 8 am Gentle Yoga 7 pm Latin Club I—(3/8) 8 pm Latin Club II—(2/8)	23	24
25 MEMORIAL DAY CELEBRATE * HONOR * REMEMBER	26 MEMORIAL DAY CELEBRATE * HONOR * REMEMBER	27 8 am Gentle Yoga  7 pm Social Dance III—(1/8)	28 9:30 am Zumba 7 pm Latin Club I—(7/8) 8 pm Latin Club III—(3/8)	29 8 am Gentle Yoga  7 pm Latin Club I—(4/8) 8 pm Latin Club II—(3/8)	30  7 pm Date Night Dance Class for Couples Rumba & Salsa	31

Now Enrolling:

Gentle Yoga — Tuesdays & Thursdays

Yoga Flow — TBD

Zumba—Mondays & Wednesdays

Ballet — TBD

Belly Dance — TBD

NORCROSS



DANCO DE MAYO FIESTA

Saturday, May 3rd
8-10 PM

7:15 pm Free Beginners' Salsa & Bachata Class
included with Admission

\$25

Group Courses:

8 weeks—\$175

(Early enrollment \$160—7 or more days PRIOR)

Series Class drop in - \$25

Social Dance: Foxtrot Rumba Cha Cha
Swing Tango Waltz

Latin Club: Salsa Bachata Merengue

Specialty: WC Swing/Hustle Samba
Viennese Waltz/Quickstep

***Please enroll for all classes in advance.
Classes not meeting the minimum
enrollment will be postponed***

Group courses 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 enroll for all classes in advance. 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)



Gentle Yoga

Tuesdays & Thursdays @ 8 am

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

Yoga Flow

TBD

A gentle workout, synchronizing breath with movement through a flowing series of basic asanas and sequences.



BURN
500-1000
CALORIES PER CLASS

Zumba

Mondays @ 2 pm | Wednesdays @ 9:30 am

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

Ballet — TBD

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



Belly Dance — TBD

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

Benefits

Anti aging—Dancing helps keep you both young at heart and well as physically. Dance benefits your cardiovascular system as it increases lung capacity. It builds strength and flexibility both mentally and physically.

Find your confidence and build self-esteem.

Aides with weight loss.

Practice mindfulness and happiness.

You will meet more nice people with enthusiasm for life and fun than any other social activity.

Express yourself through movement.

Improves coordination and posture.

Feel fulfillment.

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 holiday parties. Feel comfortable and at ease navigating the dance floor.

SOCIAL DANCE I

8 WEEK COURSE

MONDAYS @ 7 PM

STARTING APRIL 28TH

\$175 INDIVIDUAL

\$350 COUPLE



**RUMBA
CHA CHA
SWING**



LATIN CLUB DANCE I

8 WEEK COURSE

WEDNESDAYS @ 7 PM

STARTING MAY 8TH

\$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!



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