



FREE
ZUMBA
PARTY

Fun Fitness!

SATURDAY,
MAY 24TH
11 AM-12 NOON

BRING A TOWEL & A BOTTLE OF WATER

Art is Motion

May 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 Hop

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://ArtIsMotion.org> | 1560 Indian Trail Road, # 109, Norcross, GA 30093

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|---|--|--|
| 27 1 pm Bronze Ballroom—(4/8) 2 pm Bronze Ballroom—(5/8) 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) | 29 Be fit, be fabulous, be happy 11 am Zumba 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 6 pm Contemporary 7 pm Social Dance VIII—(1/8) 8 pm Latin Club I—(8/8) | 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 |
| 4 12 pm Swing 101—(1/4) 1 pm Bronze Ballroom—(6/8) 2 pm Bronze Ballroom—(7/8) 2 pm Latin Club I—(8/8) | 5 7 pm Tap 101 7 pm Silver Ballroom—(7/8) 7 pm Latin Club IX—(1/8) 8 pm Latin Club V—(8/8) 8 pm VW / PB / QS—(6/8) 8 pm Latin Club I—(1/8) | 6 11 am Zumba 4 pm Yoga Flow 7 pm Latin Club VI—(7/8) 8 pm Latin Club II—(5/8) | 7 6 pm Jazz 7 pm Belly Dance 7 pm Night Club VI—(5/8) 7 pm Social Dance I—(1/8) 8 pm Social Dance II—(8/8) 8 pm Hip Hop | 8 2 pm Tai Chi 6 pm Contemporary 7 pm Social Dance VIII—(2/8) 8 pm Latin Club II—(1/8) | 9 1:30 pm Gentle Yoga 3—5 pm Mimosas with MOM Class & Dance Social | 10 10 am Ballet 11 am Burlesque 1-3 pm Developing Sight with Image Streaming ~ \$35 3—5 pm Mimosas with MOM Class & Dance Social |
| 11 12 pm Swing 101—(2/4) 1 pm Bronze Ballroom—(8/8) 3—5 pm Mimosas with MOM Class & Dance Social | 12 7 pm Tap 101 7 pm Silver Ballroom—(8/8) 7 pm Latin Club IX—(2/8) 8 pm Latin Club V—(3/8) 8 pm VW / PB / QS—(7/8) 8 pm Latin Club I—(2/8) | 13 11 am Zumba 4 pm Yoga Flow 7 pm Latin Club VI—(8/8) 8 pm Latin Club II—(6/8) | 14 6 pm Jazz 7 pm Belly Dance 7 pm Night Club VI—(6/8) 7 pm Social Dance I—(2/8) 8 pm Social Dance III—(1/8) 8 pm Hip Hop | 15 2 pm Tai Chi 6 pm Contemporary 7 pm Social Dance VIII—(3/8) 8 pm Latin Club II—(2/8) | 16 1:30 pm Gentle Yoga 7 pm Date Night Dance Class for Couples Salsa & Bachata | 17 10 am Ballet 11 am Burlesque |
| 18 12 pm Swing 101—(3/4) 1 pm Bronze Ballroom—(1/8) | 19 7 pm Tap 101 7 pm Silver Ballroom—(1/8) 7 pm Latin Club IX—(3/8) 8 pm Latin Club V—(3/8) 8 pm VW / PB / QS—(8/8) 8 pm Latin Club I—(3/8) | 20 11 am Zumba 4 pm Yoga Flow 7 pm Latin Club VII—(1/8) 8 pm Latin Club II—(7/8) | 21 6 pm Jazz 7 pm Belly Dance 7 pm Night Club VI—(7/8) 7 pm Social Dance I—(3/8) 8 pm Social Dance III—(2/8) 8 pm Hip Hop | 22 2 pm Tai Chi 6 pm Contemporary 7 pm Social Dance VIII—(4/8) 8 pm Latin Club II—(3/8) | 23 1:30 pm Gentle Yoga | 24 11 am—12 noon FREE ZUMBA PARTY! |
| 25 12 pm Swing 101—(4/4) 1 pm Bronze Ballroom—(2/8) | 26 MEMORIAL DAY CELEBRATE • HONOR • REMEMBER | 27 11 am Zumba 4 pm Yoga Flow 7 pm Latin Club VII—(2/8) 8 pm Latin Club II—(8/8) | 28 6 pm Jazz 7 pm Belly Dance 7 pm Night Club VI—(8/8) 7 pm Social Dance I—(4/8) 8 pm Social Dance III—(3/8) 8 pm Hip Hop | 29 2 pm Tai Chi 6 pm Contemporary 7 pm Social Dance VIII—(5/8) 8 pm Latin Club II—(4/8) | 30 1:30 pm Gentle Yoga 7 pm Date Night Dance Class for Couples Rumba & Salsa | 31 10 am Ballet 11 am Burlesque |



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+ 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 — Tuesdays @ 4 pm | Fridays @ 1:30 pm

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

Tai Chi — Thursdays @ 2 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 — Mondays @ 7 pm

NEW

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

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.

Contemporary — Thursdays @ 6 pm

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

Ballet — Saturdays @ 10 am

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

Burlesque — Saturdays @ 11 am

NEW

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!

Mother's Day DANCE CLASS & SOCIAL

MIMOSAS WITH MOM

May 10th @ 3 pm-5 pm Dates: or May 11th @ 3 pm-5 pm

Celebrate Mom with fun Group instruction, Refreshments & Social Dancing!

\$30 per adult
\$15 per child (under 14)
before May 1st

\$35 per adult
\$18 per child (under 14)
after May 1st

Book your spot today!
Limited seating available!



DANCO DE MAYO FIESTA

Saturday, May 3rd

8-10 PM

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

\$25



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