

Beginner Classes

Latin Club Dance I—Wed 6/25 @ 7pm Thurs
7/10 @ 8pm

Salsa, Bachata & Merengue

Social Dance I—Tues 6/17 @ 8 pm

Foxtrot, Swing, Rumba, Cha Cha

ENROLL
NOW

Art is Motion

June 2025

NEW CLASSES

FREE Zumba Party — Sat. 6/21 @
11am

Belly Dance — Sat @ 12 pm

*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
1  6 pm Social Dance VI—(2/8) 7 pm Social Dance I—(5/8)	2  6 pm Social Dance VI—(2/8) 7 pm Social Dance I—(5/8)	3 8 am Gentle Yoga 7 pm Social Dance III—(2/8)	4 7 pm Latin Club I—(8/8) 8 pm Latin Club III—(4/8)	5  8 am Gentle Yoga 7 pm Latin Club I—(1/8)	6 Social Dance I Tuesdays Latin Club I Thursdays Enroll Now!	7
8	9 Be fit, be fabulous, be happy  6 pm Social Dance VI—(3/8) 7 pm Social Dance I—(6/8)	10 8 am Gentle Yoga 7 pm Social Dance III—(3/8)	11  8 pm Latin Club III—(5/8)	12 8 am Gentle Yoga 7 pm Latin Club I—(2/8)	13  7 pm Date Night Dance Class for Couples Rumba & Cha Cha	14  Workshops & Private Lessons available!! Kasia Kozak
15 6 pm Social Dance VI—(4/8) 7 pm Social Dance I—(7/8)	16 6 pm Social Dance VI—(4/8) 7 pm Social Dance I—(7/8)	17 8 am Gentle Yoga  7 pm Social Dance III—(4/8) 7 pm Social Dance I—(1/8)	18 8 pm Latin Club III—(6/8)	19 8 am Gentle Yoga  7 pm Latin Club I—(3/8)	20	21 11 am—12 pm FREE ZUMBA PARTY! 12:30 PM Belly Dance 
22 6 pm Social Dance VI—(5/8) 7 pm Social Dance I—(8/8)	23 6 pm Social Dance VI—(5/8) 7 pm Social Dance I—(8/8)	24 8 am Gentle Yoga 7 pm Social Dance III—(5/8) 7 pm Social Dance I—(2/8)	25  7 pm Latin Club I—(1/8) 8 pm Latin Club III—(7/8)	26 8 am Gentle Yoga  7 pm Latin Club I—(4/8)	27  7 pm Date Night Dance Class for Couples Salsa & Bachata	28 11 am Zumba 12:30 PM Belly Dance 12—1:30 pm Tango Workshop w/ Rainier Rics ~ \$30 NORCROSS
29 6 pm Social Dance VI—(6/8) 7 pm Social Dance II—(1/8)	30 6 pm Social Dance VI—(6/8) 7 pm Social Dance II—(1/8)	1 8 am Gentle Yoga  7 pm Social Dance III—(6/8) 7 pm Social Dance I—(3/8)	2 7 pm Latin Club I—(2/8) 8 pm Latin Club III—(8/8)	3 8 am Gentle Yoga  7 pm Latin Club I—(5/8)		

Now Enrolling:

Gentle Yoga — Tuesdays & Thursdays

Yoga Flow — TBD

Zumba—Saturdays

Ballet — TBD

Belly Dance — Saturdays

NORCROSS



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 — Saturdays @ 11 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 — Saturdays @ 12:30 pm

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.

Express yourself through movement.

Aides with weight loss.

Improves coordination and posture.

Practice mindfulness and happiness.

Feel fulfillment.

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

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

TUESDAYS @ 8 PM
STARTING JUNE 17TH

\$175 INDIVIDUAL
\$350 COUPLE

**RUMBA
CHA CHA
SWING
FOXTROT**

Art is Motion
Dance • Fitness • Yoga

LATIN CLUB DANCE I
8 WEEK COURSE

WEDNESDAYS @ 7 PM
STARTING JUNE 25TH
OR
THURSDAYS @ 8 PM
STARTING JULY 10TH

**SALSA
BACHATA
MERENGUE**

\$175 INDIVIDUAL
\$350 COUPLE

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!

FREE ZUMBA PARTY

SATURDAY, JUNE 21ST
11 AM-12 PM

Fun Fitness!

BRING A TOWEL & A BOTTLE OF WATER