

**SATURDAYS**  
**ZUMBA PARTY**

Fun Fitness!

JUNE 14TH & JUNE 28TH  
11:30 AM-12:30 PM

BRING A TOWEL & A BOTTLE OF WATER

# Art is Motion

## June 2025

### Beginner Classes

ENROLL NOW

**Latin Club Dance I—Mon 6/9 @ 7 pm**  
Salsa, Bachata & Merengue

**Social Dance I—Fri 6/13 @ 8 pm**  
Foxtrot, Swing, Rumba, Cha Cha

**Social Dance I—Sun 6/15 @ 2 pm**  
Foxtrot, Swing, Rumba, Cha Cha

### New Monthly Classes:

Tai Chi      Contemporary  
Gentle Yoga      Hip Hop  
Zumba      Belly Dance  
Ballroom      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](mailto:dance@artismotion.org)

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 1 pm Bronze Ballroom—(3/8) 2 pm Bronze Ballroom—(4/8)	2 7 pm Latin Club IX—(4/8) 7 pm Silver Ballroom—(2/8) 8 pm VW / PB / QS—(1/8) 8 pm Latin Club V—(4/8) 8 pm Latin Club I—(4/8)	3 4 pm Yoga Flow 7 pm Tap 101 7 pm Latin Club VII—(4/8) 8 pm Latin Club III—(1/8)	4 6 pm Jazz 7 pm Belly Dance 7 pm Night Club VII—(1/8) 8 pm Social Dance III—(2/8) 8 pm Hip Hop	5 2 pm Tai Chi 6 pm Contemporary 7 pm Social Dance VIII—(6/8)	6 1:30 pm Gentle Yoga 7—9 pm To The Moon Rehearsal 1:30 pm Gentle Yoga	7 10 am Ballet 11 am Burlesque 6:15-10:45 Lunar Luau Dinner, Dance & Show!
8 latin dance club	9 7 pm Latin Club I—(1/8) 7 pm Latin Club IX—(5/8) 7 pm Silver Ballroom—(3/8) 8 pm VW / PB / QS—(2/8) 8 pm Latin Club V—(5/8) 8 pm Latin Club I—(5/8)	10 4 pm Yoga Flow 7 pm Tap 101 7 pm Latin Club VII—(5/8) 8 pm Latin Club III—(2/8)	11 6 pm Jazz 7 pm Belly Dance 7 pm Night Club VII—(2/8) 8 pm Social Dance III—(3/8) 8 pm Hip Hop	12 2 pm Tai Chi 6 pm Contemporary 7 pm Social Dance VIII—(7/8)	13 1:30 pm Gentle Yoga 7 pm Date Night Dance Class for Couples Rumba & Cha Cha 8 pm Social Dance I—(1/8)	14 10 am Ballet 11 am Burlesque 11:30 am—12:30 noon ZUMBA CLASS Kasia Kozak 1-3 pm Developing Sight with Image Streaming ~ \$35
15 1 pm Bronze Ballroom—(5/8) 2 pm Social Dance I—(1/8)	16 7 pm Latin Club I—(2/8) 7 pm Latin Club IX—(6/8) 7 pm Silver Ballroom—(4/8) 8 pm VW / PB / QS—(3/8) 8 pm Latin Club V—(6/8) 8 pm Latin Club I—(6/8)	17 4 pm Yoga Flow 7 pm Tap 101 7 pm Latin Club VII—(6/8) 8 pm Latin Club III—(3/8)	18 6 pm Jazz 7 pm Belly Dance 7 pm Night Club VII—(3/8) 8 pm Social Dance III—(4/8) 8 pm Hip Hop	19 2 pm Tai Chi 6 pm Contemporary 7 pm Social Dance VIII—(8/8)	20 1:30 pm Gentle Yoga 8 pm Social Dance I—(2/8)	21 10 am Ballet 11 am Burlesque
22 1 pm Bronze Ballroom—(6/8) 2 pm Social Dance I—(2/8)	23 7 pm Latin Club I—(3/8) 7 pm Latin Club IX—(7/8) 7 pm Silver Ballroom—(5/8) 8 pm VW / PB / QS—(4/8) 8 pm Latin Club V—(7/8) 8 pm Latin Club I—(7/8)	24 4 pm Yoga Flow 7 pm Tap 101 7 pm Latin Club VII—(7/8) 8 pm Latin Club III—(4/8)	25 6 pm Jazz 7 pm Belly Dance 7 pm Night Club VII—(4/8) 8 pm Social Dance III—(5/8) 8 pm Hip Hop	26 2 pm Tai Chi 6 pm Contemporary 7 pm Social Dance IX—(1/8)	27 1:30 pm Gentle Yoga 7 pm Date Night Dance Class for Couples Salsa & Bachata 8 pm Social Dance I—(3/8)	28 10 am Ballet 11 am Burlesque 11:30 am—12:30 noon ZUMBA CLASS 12—1:30 pm Tango Workshop w/ Rainier Rics ~ \$30
29 1 pm Bronze Ballroom—(7/8) 2 pm Social Dance I—(3/8)	30 7 pm Latin Club I—(4/8) 7 pm Latin Club IX—(8/8) 7 pm Silver Ballroom—(6/8) 8 pm VW / PB / QS—(5/8) 8 pm Latin Club V—(8/8) 8 pm Latin Club I—(8/8)	1 4 pm Yoga Flow 7 pm Tap 101 7 pm Latin Club VII—(8/8) 8 pm Latin Club III—(5/8)	2 6 pm Jazz 7 pm Belly Dance 7 pm Night Club VII—(4/8) 8 pm Social Dance III—(5/8) 8 pm Hip Hop	3 2 pm Tai Chi 6 pm Contemporary 7 pm Social Dance IX—(2/8)	Happy 4th of July	5 10 am Ballet 11 am Burlesque

Art is Motion  
Dance • Fitness • Yoga

DANCE WITH A STAR

CHAMPIONS

KASIA KOZAK

SATURDAY, JUNE 14TH

SAVE THE DATE



Known for her spectacular technique and charisma on the dance floor as well as in the studio. Work on your skills and performance. Schedule today.

### 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](mailto: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 — Saturday 6/14 & 6/28 @ 11:30 am**

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

**Tap — Tuesdays @ 7 pm**

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**

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



**Spiritual Healing:  
Shamanic Journeying**  
Saturday, June 14th  
1—3 pm  
\$35

**Kathy Pickel, CHt**

**[HypnosisWorksAtlanta.com](http://HypnosisWorksAtlanta.com)  
[KathyPickel.Substack.com](http://KathyPickel.Substack.com)**

**KASIA KOZAK**

**SATURDAY, JUNE 14TH**

**SAVE THE DATE**



Known for her spectacular technique and charisma on the dance floor as well as in the studio. Work on your skills and performance. Schedule today.

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

**SOCIAL DANCE I**  
8 WEEK COURSE

**SUNDAYS @ 2 PM**  
STARTING JUNE 1ST

OR

**FRIDAYS @ 8 PM**  
STARTING JUNE 13TH

**\$175 INDIVIDUAL  
\$350 COUPLE**

**RUMBA  
CHA CHA  
SWING  
FOXTROT**

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!

**LATIN CLUB DANCE I**  
8 WEEK COURSE

**MONDAYS @ 7 PM**  
STARTING JUNE 9TH

OR

**WEDNESDAYS @ 7 PM**  
STARTING JULY 2ND

**\$175 INDIVIDUAL  
\$350 COUPLE**

**SALSA  
BACHATA  
MERENGUE**

**Fabulous Bi-Annual  
Dinner, Dance &  
Show!**

**Socialize & Dance!**

**Practice your moves  
& express yourself!**

**Everyone welcome!**

**Open to the public!**

**Newcomer friendly!**

**Saturday, June 7th**

**Lumar Luau**

Presented by  
**Art is Motion**  
Dance • Fitness • Yoga

1560 Indian Trail Rd, Suite 109  
Norcross GA 30093

Admission tickets:  
\$35  
\$40 June 7  
Doors open at 6:15 pm  
Dinner  
Act 1 at 7 pm  
After Party & Dancing at 8:45 pm