

**SATURDAYS**  
**ZUMBA CLASS**

Fun Fitness!

BRING A FRIEND FOR FREE!

SATURDAYS IN JULY  
11:30 AM-12:30 PM

# Art is Motion

## July 2025

### Beginner Classes

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

**Social Dance I—Sun 7/13 @ 2 pm**  
Foxtrot, Swing, Rumba, Cha Cha

**Social Dance I—Thurs 7/17 @ 8 pm**  
Foxtrot, Swing, Rumba, Cha Cha

ENROLL NOW

### 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](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
29 1 pm Bronze Ballroom—(7/8)	30 7 pm Latin Club I—(3/8) 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 7 pm Latin Club VII—(8/8) 8 pm Latin Club III—(5/8)	2 <b>NEW</b> 6 pm Tap 101 7 pm Belly Dance 7 pm Night Club VII—(4/8) 8 pm Social Dance V—(5/8) 8 pm Hip Hop	3 6 pm Contemporary 7 pm Social Dance IX—(2/8)	<b>Happy 4th of July</b>	5 10 am Ballet 11 am Burlesque 11:30 am Zumba 12 pm Jazz
6 No Bronze Ballroom 3 pm Tai Chi	7 7 pm Latin Club I—(4/8) 7 pm Latin Club X—(1/8) 7 pm Silver Ballroom—(7/8) 8 pm VW / PB / QS—(6/8) 8 pm Latin Club II—(1/8)	8 <b>NEW</b> 7 pm Swing 101—(1/4) 7 pm Latin Club VIII—(1/8) 8 pm Latin Club III—(6/8)	9 6 pm Tap 101 7 pm Belly Dance 7 pm Latin Club I—(1/8) 7 pm Night Club VII—(5/8) 8 pm Social Dance V—(6/8) 8 pm Hip Hop	10 6 pm Contemporary 7 pm Social Dance IX—(3/8)	11 7 pm Date Night Dance Class for Couples Foxtrot & Swing	12 10 am Ballet 11 am Burlesque No Zumba Class 12 pm Jazz
13 1 pm Bronze Ballroom—(8/8) 2 pm Social Dance I—(1/8) 3 pm Tai Chi	14 7 pm Latin Club I—(5/8) 7 pm Latin Club X—(2/8) 7 pm Silver Ballroom—(8/8) 8 pm VW / PB / QS—(7/8) 8 pm Latin Club II—(2/8)	15 7 pm Swing 101—(2/4) 7 pm Latin Club VIII—(2/8) 8 pm Latin Club III—(7/8)	16 6 pm Tap 101 7 pm Belly Dance 7 pm Latin Club I—(2/8) 7 pm Night Club VII—(6/8) 8 pm Social Dance V—(7/8) 8 pm Hip Hop	17 6 pm Contemporary 7 pm Social Dance IX—(4/8) 8 pm Social Dance I—(1/8)	18	19 10 am Ballet 11 am Burlesque 11:30 am Zumba 12 pm Jazz
20 1 pm Bronze Ballroom—(1/8) 2 pm Social Dance I—(2/8) 3 pm Tai Chi	21 7 pm Latin Club I—(6/8) 7 pm Latin Club X—(3/8) 7 pm Silver Ballroom—(1/8) 8 pm VW / PB / QS—(8/8) 8 pm Latin Club II—(3/8)	22 7 pm Swing 101—(3/4) 7 pm Latin Club VIII—(3/8) 8 pm Latin Club III—(8/8)	23 6 pm Tap 101 7 pm Belly Dance 7 pm Latin Club I—(3/8) 7 pm Night Club VII—(7/8) 8 pm Social Dance V—(8/8) 8 pm Hip Hop	24 6 pm Contemporary 7 pm Social Dance IX—(5/8) 8 pm Social Dance I—(2/8)	25 7 pm Date Night Dance Class for Couples Salsa & Rumba	26 10 am Ballet 11 am Burlesque 11:30 am Zumba 12 pm Jazz Summer Carnival Party 7:15 pm Bachata & Rumba Class 8-10 pm Dance Party!
27 1 pm Bronze Ballroom—(2/8) 2 pm Social Dance I—(3/8) 3 pm Tai Chi	28 7 pm Latin Club I—(7/8) 7 pm Latin Club X—(4/8) 7 pm Silver Ballroom—(2/8) 8 pm VW / PB / QS—(2/8) 8 pm Latin Club II—(4/8)	29 7 pm Swing 101—(4/4) 7 pm Latin Club VIII—(4/8) 8 pm Latin Club IV—(1/8)	30 6 pm Tap 101 7 pm Belly Dance 7 pm Latin Club I—(4/8) 7 pm Night Club VII—(8/8) 8 pm Social Dance VI—(1/8)	31 6 pm Contemporary 7 pm Social Dance IX—(6/8) 8 pm Social Dance I—(3/8)	1	2 10 am Ballet 11 am Burlesque 11:30 am Zumba 12—1:30 pm Foxtrot Workshop w/ Rainier Rics \$30

**SUMMER CARNIVAL PARTY**

MUSIC | DANCING | GAMES | REFRESHMENTS

**SATURDAY, JULY 26TH**

7:15-8 PM RUMBA & BACHATA BEGINNER GROUP CLASS

8-10 PM DANCE PARTY

\$15 FOR EACH OR \$25 FOR BOTH

### 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 — TBD

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

### Tai Chi — Sundays 3 pm

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

### Tap 101 — Wednesdays @ 6 pm

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

### 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!

### Zumba — Saturdays @ 11:30 am

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

### Jazz — Saturdays @ 12 pm

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

Have a blast 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  
TUESDAYS @ 7 PM  
STARTING JULY 8<sup>TH</sup>  
\$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  
SUNDAYS @ 2 PM  
STARTING JULY 13<sup>TH</sup>  
OR  
THURSDAYS @ 8 PM  
STARTING JULY 17<sup>TH</sup>  
\$175 INDIVIDUAL  
\$350 COUPLE  
**RUMBA  
CHA CHA  
SWING**



**LATIN CLUB DANCE I**  
8 WEEK COURSE  
WEDNESDAYS @ 7 PM  
STARTING JULY 9<sup>TH</sup>  
\$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!**



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**SATURDAY, JULY 26<sup>TH</sup>**  
7:15-8 PM  
RUMBA & BACHATA  
BEGINNER GROUP CLASS  
8-10 PM  
DANCE PARTY  
\$15 FOR EACH  
OR  
\$25 FOR BOTH  
Art is Motion  
Dance • Yoga • Fitness  
1560 INDIAN TRAIL ROAD #109  
NORCROSS, GA 30093  
It's a Beautiful Life  
GOOD TIMES  
RAFFLE