

Rosendo Fumero

August 11 & 12

Get a session or two with our favorite choreographer. Rosendo is here to start choreography for our December 6th "Take Me to a Show" Showcase!
NORCROSS



Art is Motion

August 2025

Beginner Classes

Social Dance I—Mon 8/18 @ 8 pm
Foxtrot, Swing, Rumba, Cha Cha

Latin Club Dance I—Wed 8/20 @ 6 pm
Salsa, Bachata & Merengue

ENROLL NOW

Now Enrolling:

Gentle Yoga — Tuesdays & Thursdays

Zumba — Saturdays

*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
3	4 6 pm Social Dance VI—(3/8) 7 pm Social Dance II—(6/8)	5 8 am Gentle Yoga 7 pm Social Dance IV—(3/8) 8 pm Social Dance I—(4/8)	6 7 pm Latin Club I—(6/8) 8 pm Latin Club IV—(5/8)	7 8 am Gentle Yoga 7 pm Latin Club II—(2/8)	8	9 11 am Zumba
10	11 6 pm Social Dance VI—(4/8) 7 pm Social Dance II—(7/8)	12 8 am Gentle Yoga 7 pm Social Dance IV—(4/8) 8 pm Social Dance I—(5/8)	13 7 pm Latin Club I—(7/8) 8 pm Latin Club IV—(6/8)	14 8 am Gentle Yoga 7 pm Latin Club II—(3/8)	15 7 pm Date Night Dance Class for Couples Rumba & Cha Cha	16 11 am Zumba
17 Social Dance I Mondays Latin Club I Wednesdays Enroll Now!	18 NEW 6 pm Social Dance VII—(5/8) 7 pm Social Dance II—(8/8) 8 pm Social Dance I—(1/8)	19 8 am Gentle Yoga 7 pm Social Dance IV—(5/8) 8 pm Social Dance I—(6/8)	20 NEW 6 pm Latin Club I—(1/8) 7 pm Latin Club I—(8/8) 8 pm Latin Club IV—(7/8)	21 8 am Gentle Yoga 7 pm Latin Club II—(4/8)	22	23 11 am Zumba
24	25 6 pm Social Dance VII—(6/8) 7 pm Social Dance III—(1/8) 8 pm Social Dance I—(2/8)	26 8 am Gentle Yoga 7 pm Social Dance IV—(6/8) 8 pm Social Dance I—(7/8)	27 6 pm Latin Club I—(2/8) 7 pm Latin Club II—(1/8) 8 pm Latin Club IV—(8/8)	28 8 am Gentle Yoga 7 pm Latin Club II—(5/8)	29 7 pm Date Night Dance Class for Couples Swing & Foxtrot	30 11 am Zumba 12—1:30 pm Rumba Workshop w/ Rainier Rics \$30 NORCROSS
31 ENJOY LABOR DAY!	2 8 am Gentle Yoga 7 pm Social Dance IV—(7/8) 8 pm Social Dance I—(8/8)	3 6 pm Latin Club I—(3/8) 7 pm Latin Club II—(2/8) 8 pm Latin Club V—(1/8)	4 8 am Gentle Yoga 7 pm Latin Club II—(6/8)	5	6 11 am Zumba BURN 200-1000 CALORIES PER CLASS	

SATURDAYS

ZUMBA PARTY

4 Classes only \$75

Fun Fitness!

SATURDAYS IN AUGUST 11 AM-12 PM

BRING A TOWEL AND WATER BOTTLE!

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.

Zumba

Saturdays @ 11 am

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



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.

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

MONDAYS @ 8 PM

STARTING AUGUST 18TH

\$175 INDIVIDUAL
\$350 COUPLE

RUMBA
CHA CHA
SWING

LATIN CLUB DANCE I

8 WEEK COURSE

WEDNESDAYS @ 6 PM

STARTING AUGUST 20TH

\$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!

Zumba is an excellent dance workout for all fitness levels.

It provides many health benefits, including lowering blood pressure, improving **endurance and strength**, boosting **endorphins**, and encouraging social interaction. Additional benefits include burning calories, learning dance elements and building **confidence and coordination**.

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