

## 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!



# Art is Motion

## August 2025

### Beginner Classes

Swing 101—Tues 8/19 @ 7 pm  
Swing

Latin Club Dance I—Wed 8/20 @ 7 pm  
Salsa, Bachata & Merengue

Social Dance I—Thurs 8/21 @ 8 pm  
Foxtrot, Swing, Rumba, Cha Cha

ENROLL NOW

### New Monthly Classes:

|             |              |
|-------------|--------------|
| Tai Chi     | Contemporary |
| Gentle Yoga | Hip Hip      |
| 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   |
|--|---|---|--|---|--|---|
| 3<br>1:30 pm Bronze Blrm—(2/8)   | 4<br>7 pm Latin Club I—(4/8)<br>7 pm Latin Club X—(5/8)<br>7 pm Silver Ballroom—(3/8)<br>8 pm VW / PB / QS—(2/8)<br>8 pm Latin Club II—(5/8)  | 5<br>7 pm Latin Club VIII—(5/8)<br>8 pm Latin Club IV—(3/8)                       | 6<br>7 pm Belly Dance<br>7 pm Night Club VII—(8/8)<br>8 pm Social Dance V—(2/8)<br>8 pm Hip Hop                              | 7<br>6 pm Contemporary<br>7 pm Social Dance IX—(7/8)                              | 8  | 9 No Ballet or Burlesque Classes<br>11:30 am Zumba  |
| 10<br>No Bronze Ballroom<br>3 pm Yoga                                      | 11<br>7 pm Latin Club I—(5/8)<br>7 pm Latin Club X—(6/8)<br>7 pm Silver Ballroom—(4/8)<br>8 pm VW / PB / QS—(3/8)<br>8 pm Latin Club II—(6/8) | 12<br>7 pm Latin Club VIII—(6/8)<br>8 pm Latin Club IV—(4/8)                      | 13<br>7 pm Belly Dance<br>7 pm Night Club VIII—(1/8)<br>8 pm Social Dance V—(3/8)<br>8 pm Hip Hop                            | 14<br>6 pm Contemporary<br>7 pm Social Dance IX—(8/8)                             | 15<br>7 pm Date Night Dance Class for Couples<br>Rumba & Cha Cha | 16<br>10 am Ballet<br>11 am Burlesque<br>11:30 am Zumba<br>12 pm Tap 101  |
| 17<br>12:30 pm Bronze Blrm—(3/8)<br>1:30 pm Bronze Blrm—(4/8)<br>3 pm Yoga | 18<br>7 pm Latin Club I—(6/8)<br>7 pm Latin Club X—(7/8)<br>7 pm Silver Ballroom—(5/8)<br>8 pm VW / PB / QS—(4/8)<br>8 pm Latin Club II—(7/8) | 19<br>7 pm Swing 101—(1/4)  | 20<br>7 pm Belly Dance<br>7 pm Latin Club I—(1/8)<br>7 pm Night Club VIII—(2/8)<br>8 pm Social Dance V—(4/8)<br>8 pm Hip Hop | 21<br>6 pm Contemporary<br>7 pm Social Dance X—(1/8)<br>8 pm Social Dance I—(1/8) | 22   | 23<br>10 am Ballet<br>11 am Burlesque<br>11:30 am Zumba<br>12 pm Tap 101  |
| 24<br>1:30 pm Bronze Blrm—(5/8)<br>3 pm Yoga                               | 25<br>7 pm Latin Club I—(7/8)<br>7 pm Latin Club X—(8/8)<br>7 pm Silver Ballroom—(6/8)<br>8 pm VW / PB / QS—(5/8)<br>8 pm Latin Club II—(8/8) | 26<br>7 pm Swing 101—(2/4)  | 27<br>7 pm Belly Dance<br>7 pm Latin Club I—(2/8)<br>7 pm Night Club VIII—(3/8)<br>8 pm Social Dance V—(5/8)<br>8 pm Hip Hop | 28<br>6 pm Contemporary<br>7 pm Social Dance X—(2/8)<br>8 pm Social Dance I—(2/8) | 29<br>7 pm Date Night Dance Class for Couples<br>Swing & Foxtrot | 30<br>10 am Ballet<br>11 am Burlesque<br>11:30 am Zumba<br>No Tap 101<br>12—1:30 pm Rumba Workshop w/ Rainier Rics \$30 |
| 31<br>1:30 pm Bronze Class—(6/8)<br>3 pm Yoga                              | ENJOY LABOR DAY!  | 2<br>7 pm Swing 101—(3/4)<br>7 pm Latin Club IX—(1/8)<br>8 pm Latin Club IV—(7/8) | 3<br>7 pm Belly Dance<br>7 pm Latin Club I—(3/8)<br>7 pm Night Club VIII—(4/8)<br>8 pm Social Dance V—(6/8)<br>8 pm Hip Hop  | 4<br>6 pm Contemporary<br>7 pm Social Dance X—(3/8)<br>8 pm Social Dance I—(3/8)  | 5  | 6<br>10 am Ballet<br>11 am Burlesque<br>11:30 am Zumba<br>12 pm Tap 101   |

## RUMBA WORKSHOP

SATURDAY  
AUGUST 30TH  
12-1:30 PM



RAINIER RICS

\$30

### 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 — Sundays 3 pm**

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

#### **Tai Chi — TBD**

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

#### **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.

#### **Tap 101 — Saturdays @ 12 pm**

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

#### **Jazz — TDB**

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 free time and move to your favorite pop music retro and current.



**SWING 101**  
4 WEEK COURSE  
**TUESDAYS @ 7 PM**  
STARTING AUGUST 19<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  
**THURSDAYS @ 8 PM**  
STARTING AUGUST 21<sup>ST</sup>  
\$175 INDIVIDUAL  
\$350 COUPLE  
**RUMBA  
CHA CHA  
SWING**



**LATIN CLUB DANCE I**  
8 WEEK COURSE  
**WEDNESDAYS @ 7 PM**  
STARTING AUGUST 20<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!

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.



**SATURDAYS  
ZUMBA  
CLASS**  
4 Classes only \$75  
**Fun Fitness!**  
SATURDAYS  
IN AUGUST  
11:30 AM-12:30 PM