

## New Basics Classes!

To promote the joy and benefits of ballroom dancing, we are now offering introductory basics group classes & private lessons at a discount!

- ♦ Ballroom Basics—\$15  
Foxtrot, Swing, Rumba, Cha Cha
- ♦ Latin Club Basics—\$15  
Salsa, Bachata & Merengue
- ♦ Introductory Private Lesson—\$50  
45 minutes (limit 1 per customer / couple)  
Call 678-577-2823 to Schedule

# Art is Motion

## October 2025

## Beginner Classes

**Latin Club Dance I**  
Tues 10/14 @ 8 pm | Wed 11/5 @ 7 pm  
Salsa, Bachata & Merengue

**Social Dance I—Sun 10/12 @ 2 pm**  
Foxtrot, Swing, Rumba, Cha Cha

**Swing 101—Thurs 10/2 @ 7 pm**  
Swing

ENROLL NOW

## New Monthly Classes:

Tai Chi	Contemporary
Yoga	Hip Hop
Jazz	Belly Dance
Ballet	Burlesque

\*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://ArtsMotion.org> | 1560 Indian Trail Road, # 109, Norcross, GA 30093

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>28</b>  1:30 pm Bronze Class—(1/8) 3 pm Yoga	<b>29</b> 6 pm Jazz 7 pm Latin Club II—(2/8) 7 pm Latin Club XI—(3/8) 7 pm Silver Ballroom—(1/8) 8 pm VW / PB / QS—(8/8) 8 pm Latin Club III—(3/8)	<b>30</b> 7 pm Latin Club IX—(4/8)	<b>1</b>  7 pm Belly Dance 7 pm Latin Club I—(4/8) 7 pm Night Club VIII—(8/8) 8 pm Social Dance V—(1/8) 8 pm Hip Hop	<b>2</b>  <b>NEW</b> 6 pm Contemporary 7 pm Swing 101—(1/4) 7 pm Social Dance X—(7/8) 8 pm Burlesque	<b>3</b> 	<b>4</b> 10 am Ballet 11 am Burlesque 
<b>5</b> 1:30 pm Bronze Class—(2/8) 2 pm Ballroom Basics 3 pm Latin Club Basics 3 pm Yoga	<b>6</b> 6 pm Jazz  7 pm Latin Club II—(3/8) 7 pm Latin Club XI—(4/8) 7 pm Silver Ballroom—(2/8) 8 pm VW / PB / QS—(1/8) 8 pm Latin Club III—(4/8)	<b>7</b> 7 pm Latin Club IX—(5/8) 8 pm Latin Club Basics	<b>8</b> 7 pm Belly Dance 7 pm Latin Club I—(5/8) 7 pm Night Club IX—(1/8) 8 pm Social Dance V—(2/8) 8 pm Hip Hop	<b>9</b> 6 pm Contemporary 7 pm Swing 101—(2/4) 7 pm Social Dance X—(8/8) 8 pm Burlesque	<b>10</b>  7 pm Date Night Dance Class for Couples Cha Cha & Rumba 8 pm Ballroom Basics	<b>11</b> 10 am Ballet 11 am Burlesque 12—1:30 pm Cha Cha Workshop w/ Rainier Rics \$30
<b>12</b>  <b>NEW</b> 1:30 pm Bronze Class—(3/8) 2 pm Social Dance I—(1/8) 3 pm Yoga	<b>13</b> 6 pm Jazz  <b>NEW</b> 7 pm Latin Club II—(4/8) 7 pm Latin Club XI—(5/8) 7 pm Silver Ballroom—(3/8) 8 pm VW / PB / QS—(2/8) 8 pm Latin Club III—(5/8)	<b>14</b>  <b>NEW</b> 7 pm Latin Club IX—(6/8) 8 pm Latin Club I—(1/8)	<b>15</b> 7 pm Belly Dance 7 pm Latin Club I—(6/8) 7 pm Night Club IX—(2/8) 8 pm Social Dance V—(3/8) 8 pm Hip Hop	<b>16</b>  6 pm Contemporary 7 pm Swing 101—(3/4) 7 pm Bronze Ballroom—(1/8) 8 pm Burlesque	<b>17</b> 7 pm Ballroom Basics 8 pm Latin Club Basics	<b>18</b> 
<b>19</b> 1:30 pm Bronze Class—(4/8) 2 pm Social Dance I—(2/8) 3 pm Yoga	<b>20</b> 6 pm Jazz 7 pm Latin Club II—(5/8) 7 pm Latin Club XI—(6/8) 7 pm Silver Ballroom—(4/8) 8 pm VW / PB / QS—(3/8) 8 pm Latin Club III—(6/8)	<b>21</b> 7 pm Latin Club IX—(7/8) 8 pm Latin Club I—(2/8)	<b>22</b>  7 pm Belly Dance 7 pm Latin Club I—(7/8) 7 pm Night Club IX—(3/8) 8 pm Social Dance V—(4/8) 8 pm Hip Hop	<b>23</b> 6 pm Contemporary 7 pm Swing 101—(4/4) 7 pm Bronze Ballroom—(2/8) 8 pm Burlesque	<b>24</b>  7 pm Date Night Dance Class for Couples Swing & Foxtrot 8 pm Latin Club Basics	<b>25</b> 10 am Ballet 11 am Burlesque 12—1:30 pm Tango Workshop w/ Rainier Rics \$30
<b>26</b>  1:30 pm Bronze Class—(5/8) 2 pm Social Dance I—(3/8) 3 pm Yoga	<b>27</b> 6 pm Jazz 7 pm Latin Club II—(6/8) 7 pm Latin Club XI—(7/8) 7 pm Silver Ballroom—(5/8) 8 pm VW / PB / QS—(4/8) 8 pm Latin Club III—(7/8)	<b>28</b> 7 pm Latin Club IX—(8/8) 8 pm Latin Club I—(3/8)	<b>29</b> 7 pm Belly Dance 7 pm Latin Club I—(8/8) 7 pm Night Club IX—(4/8) 8 pm Social Dance V—(5/8) 8 pm Hip Hop	<b>31</b>  6 pm Contemporary 7 pm Swing 102—(1/4) 7 pm Bronze Ballroom—(2/8) 8 pm Burlesque		<b>1</b> 10 am Ballet 11 am Burlesque Halloween Ball (\$25) 7:30—8 pm Group Class 8—10:30 pm




## RAINIER RICS




CHA CHA SATURDAY OCTOBER 11<sup>TH</sup> 12-1:30 PM \$30 EACH

TANGO SATURDAY OCTOBER 25<sup>TH</sup> 12-1:30 PM

## 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.

#### **Jazz — Mondays @ 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.

#### **Burlesque — Thursdays @ 8 pm | Saturdays @ 11 am**

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

#### **Tap 101 — Every other Friday @ 8 pm**

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

#### **Ballet — Saturdays @ 10 am**

Improve posture, balance and flexibility. Boost your confidence through the artistry and grace of ballet.

#### **Zumba — TBD**

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

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  
THURSDAYS @ 7 PM  
STARTING  
OCTOBER 2<sup>ND</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  
OCTOBER 12<sup>TH</sup>  
\$175 INDIVIDUAL  
\$350 COUPLE  
**RUMBA  
CHA CHA  
SWING**



**LATIN CLUB DANCE I**  
8 WEEK COURSE  
TUESDAYS @ 8 PM  
STARTING OCTOBER 14<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!

**Music & Dance!**  
Practice your moves & express yourself!  
Everyone welcome!  
Open to the public!  
Costume Contest!  
Prizes!



**HALLOWEEN BALL**  
SATURDAY, NOVEMBER 1<sup>ST</sup>  
7:30 - 10:30 PM  
7:30 - 10:30 PM  
8-10:30 pm  
Special All Levels Group Class  
Music Dancing Costume Contest Refreshments & More Festivities  
\$25 IN ADVANCE  
\$30 AT THE DOOR  
*Art is Motion*  
Dance • Fitness • Yoga  
1560 INDIAN TRAIL ROAD #109, NORCROSS, GA 30093  
[HTTPS://ARTISMOTION.ORG/PRODUCT/HALLOWEEN-BALL-2025/](https://artismotion.org/product/halloween-ball-2025/)