

## National Ballroom Dance Week

September 14—20

To promote the joy and benefits of ballroom dancing, we encourage participation from everyone:

- ♦ Join a dance class
- ♦ Host a dance party!
- ♦ Attend local ballroom dance events
- ♦ Share your dance experiences on social media

# Art is Motion

## September 2025

## Beginner Classes

ENROLL NOW

### Social Dance I

Tues 9/16 @ 6 pm | Wed 10/1 @ 7 pm  
Foxtrot, Swing, Rumba, Cha Cha

### Latin Club Dance I

Thurs 9/11 @ 8 pm | Mon 9/29 @ 8 pm  
Salsa, Bachata & Merengue

## 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](mailto:dance@artismotion.org)

678-577-2823 | <https://ArtIsMotion.org> | 4965 Lanier Islands Pkwy #102, Buford, GA 30518

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	<b>ENJOY LABOR DAY!</b>	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)	4 8 am Gentle Yoga  7 pm Latin Club II—(6/8)	5  8 pm LCD Perf—(1/16)	6 11 am Zumba 
7	8  6 pm Social Dance VII—(7/8) 7 pm Social Dance III—(2/8)	9 8 am Gentle Yoga  7 pm Social Dance IV—(8/8) 8 pm Social Dance II—(1/8)	10 Social Dance I Tuesdays Latin Club I Thursdays Enroll Now!	11 8 am Gentle Yoga  7 pm Latin Club II—(7/8) 8 pm Latin Club I—(1/8)	12  7 pm Date Night Dance Class for Couples Salsa & Rumba 8 pm LCD Perf—(2/16)	13 11 am Zumba  Be fit, be fabulous, be happy 
14	15  6 pm Social Dance VII—(8/8) 7 pm Social Dance III—(3/8)	16 8 am Gentle Yoga  6 pm Social Dance I—(1/8) 7 pm Social Dance V—(1/8) 8 pm Social Dance II—(2/8)	17  6 pm Latin Club I—(5/8)	18 8 am Gentle Yoga  7 pm Latin Club II—(8/8) 8 pm Latin Club I—(2/8)	19  8 pm LCD Perf—(3/16)	20 11 am Zumba 7—7:45 pm Group Class 8—10 pm Dance Social \$25 NORCROSS
National Ballroom Dance Week						
21	22  6 pm Social Dance VIII—(1/8) 7 pm Social Dance III—(4/8)	23 8 am Gentle Yoga  6 pm Social Dance I—(2/8) 7 pm Social Dance V—(2/8) 8 pm Social Dance II—(3/8)	24  6 pm Latin Club I—(6/8)	25 8 am Gentle Yoga  7 pm Latin Club III—(1/8) 8 pm Latin Club I—(3/8)	26  7 pm Date Night Dance Class for Couples Bachata & Salsa 8 pm LCD Perf—(4/16)	27 11 am Zumba 
28 Social Dance I Wednesdays Latin Club I Mondays Enroll Now!	29  6 pm Social Dance VIII—(2/8) 7 pm Social Dance III—(5/8) 8 pm Latin Club I—(1/8)	30 8 am Gentle Yoga  6 pm Social Dance I—(3/8) 7 pm Social Dance V—(3/8) 8 pm Social Dance II—(4/8)	1  6 pm Latin Club I—(7/8) 7 pm Social Dance I—(1/8)	2 8 am Gentle Yoga  7 pm Latin Club III—(2/8) 8 pm Latin Club I—(4/8)	3  8 pm LCD Perf—(5/16)	4 11 am Zumba 

**Take Me To A Show!**  
Saturday, December 6<sup>th</sup>  
6 pm

**1st Time Solo Performance Special**

Choreography \$195  
Production \$250  
15 Private Lessons \$1245  
\$1690  
-\$150  
**\$1540**  
4 payments of \$385

**SAVE \$150**

IT'S MORE FUN ON THE FLOOR!

Confidence Style Technique  
**Art is Motion**  
Dance • Fitness • Yoga  
[HTTPS://ARTISMOTION.ORG/](https://artismotion.org/)  
678-577-2823

Expression Poise Accomplishment

## 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](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)



### 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.

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  
**TUESDAYS @ 6 PM**  
**STARTING SEPTEMBER 16<sup>TH</sup>**  
 \$175 INDIVIDUAL  
 \$350 COUPLE  
**RUMBA**  
**CHA CHA**  
**SWING**

**LATIN CLUB DANCE I**  
 8 WEEK COURSE  
**THURSDAYS @ 8 PM**  
**STARTING SEPTEMBER 11<sup>TH</sup>**  
**SALSA**  
**BACHATA**  
 \$175 INDIVIDUAL  
 \$350 COUPLE

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!

# National Ballroom Dance Week

**September 14-20**

We aim to promote the joy and benefits of ballroom dancing, encouraging participation from dancers of all ages and skill levels.

Get involved:

- ♦ Join a dance class to learn new styles and improve your skills.
- ♦ Host a dance party with friends to share the fun of ballroom dancing.
- ♦ Attend local ballroom dance events or competitions to support dancers.
- ♦ Share your dance experiences on social media using the event's hashtag.

**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 PARTY**  
**4 Classes only \$75**  
**Fun Fitness!**  
**SATURDAYS 11 AM-12 PM**  
 BRING A TOWEL AND WATER BOTTLE!