

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

Latin Club Dance I
Wed 9/10 @ 7 pm | Tues 9/23 @ 8 pm
Salsa, Bachata & Merengue

Social Dance I—Sun 9/21 @ 2 pm
Foxtrot, Swing, Rumba, Cha Cha

Swing 101—Thurs 9/25 @ 7 pm
Swing

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
678-577-2823 | <https://ArtsIsMotion.org> | 1560 Indian Trail Road, # 109, Norcross, GA 30093

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 1:30 pm Bronze Class—(6/8) 3 pm Yoga	ENJOY LABOR DAY!	2 7 pm Latin Club IX—(1/8) 8 pm Latin Club IV—(7/8)	3 7 pm Belly Dance 7 pm Night Club VIII—(4/8) 8 pm Social Dance V—(6/8) 8 pm Hip Hop	4 6 pm Contemporary 7 pm Social Dance X—(3/8) 8 pm Burlesque	5	6 10 am Ballet 11 am Burlesque 11:30 am Zumba
7 1:30 pm Bronze Class—(7/8) 3 pm Yoga	8 6 pm Jazz 7 pm Latin Club I—(8/8) 7 pm Latin Club XI—(1/8) 7 pm Silver Ballroom—(7/8) 8 pm VW / PB / QS—(6/8) 8 pm Latin Club III—(1/8)	9 7 pm Latin Club IX—(2/8) 8 pm Latin Club IV—(8/8)	10 7 pm Latin Club I—(1/8) 7 pm Night Club VIII—(5/8) 8 pm Social Dance V—(7/8) No Belly Dance Hip Hop	11 6 pm Contemporary 7 pm Social Dance X—(4/8) 8 pm Burlesque	12 7 pm Date Night Dance Class for Couples Salsa & Rumba 8 pm Tap 101	13 10 am Ballet 11 am Burlesque 11:30 am Zumba 12—1:30 pm Waltz Workshop w/ Rainier Rics \$30
14 1:30 pm Bronze Class—(8/8) 3 pm Yoga	15 6 pm Jazz 7 pm Latin Club II—(1/8) 7 pm Latin Club XI—(2/8) 7 pm Silver Ballroom—(8/8) 8 pm VW / PB / QS—(7/8) 8 pm Latin Club III—(2/8)	16 7 pm Latin Club IX—(3/8) 8 pm Latin Club Basics \$10	17 7 pm Belly Dance 7 pm Latin Club I—(2/8) 7 pm Night Club VIII—(6/8) 8 pm Social Dance V—(8/8) 8 pm Hip Hop 8 pm Ballroom Basics—\$10	18 6 pm Contemporary 7 pm Social Dance X—(5/8) 8 pm Ballroom Basics—\$10 8 pm Burlesque	19 8 pm Latin Club Basics \$10	20 10 am Ballet 11 am Burlesque 11:30 am Zumba 7—7:45 pm Group Class 8—10 pm Dance Social \$25
National Ballroom Dance Week						
21 2 pm Social Dance I—(1/8) 3 pm Yoga No Bronze Ballroom	22 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)	23 7 pm Latin Club IX—(4/8) 8 pm Latin Club I—(1/8)	24 7 pm Belly Dance 7 pm Latin Club I—(3/8) 7 pm Night Club VIII—(7/8) 8 pm Social Dance V—(1/8) 8 pm Hip Hop	25 6 pm Contemporary 7 pm Swing 101—(1/4) 7 pm Social Dance X—(6/8) 8 pm Burlesque	26 7 pm Date Night Dance Class for Couples Bachata & Salsa 8 pm Tap 101	27 10 am Ballet 11 am Burlesque 11:30 am Zumba 12—1:30 pm Swing Workshop w/ Rainier Rics \$30
28 1:30 pm Bronze Class—(1/8) 2 pm Social Dance I—(2/8) 3 pm Yoga	29 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)	30 7 pm Latin Club IX—(4/8) 8 pm Latin Club I—(2/8)	1 7 pm Belly Dance 7 pm Latin Club I—(4/8) 7 pm Night Club VIII—(8/8) 8 pm Social Dance V—(2/8) 8 pm Hip Hop	2 6 pm Contemporary 7 pm Swing 101—(2/4) 7 pm Social Dance X—(7/8) 8 pm Burlesque	3	4 10 am Ballet 11 am Burlesque

Art is Motion
Dance • Fitness • Yoga

DANCE ANNOUNCEMENT

WORKSHOPS

WALTZ
SATURDAY
SEPTEMBER 13TH
12-1:30 PM

SWING
SATURDAY
SEPTEMBER 27TH
12-1:30 PM

RAINIER RICS
\$30 EACH

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

"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

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.

Burlesque — Thursdays @ 8 pm | Saturdays @ 11 am

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

Ballet — Saturdays @ 10 am

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

Zumba — Saturdays @ 11:30 am

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

Tap 101 — Every other Friday @ 8 pm

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

Jazz — Mondays @ 6 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 free time and move to your favorite pop music retro and current.



SWING 101
4 WEEK COURSE
THURSDAYS @ 7 PM
STARTING
SEPTEMBER 25TH
\$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
SEPTEMBER 21ST
\$175 INDIVIDUAL
\$350 COUPLE
**RUMBA
CHA CHA
SWING**



LATIN CLUB DANCE I
8 WEEK COURSE
WEDNESDAYS @ 7 PM
STARTING SEPTEMBER 10TH
**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!

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
11:30 AM-12:30 PM
BRING A TOWEL AND WATER BOTTLE!