



**Beginner Classes** 

**Latin Club Dance I** 

Sun 11/2 @ 3 pm | Fri 11/7 @ 7 pm Salsa, Bachata & Merenque

Social Dance I

Sun 11/2 @ 2 pm | Tues 11/4 @ 7 pm Foxtrot, Swing, Rumba, Cha Cha

Swing 101—Wed 11/12 @ 7 pm

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

6	78-577-2823   htt	ps://ArtIsMotion.o	rg   1560 Indian	Trail Road, # 109,	Norcross, GA 30	093
Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 1:30 pm Bronze Class-(6/8) 2 pm Social Dance I—(1/8) 3 pm Latin Club I—(1/8)	3 6 pm Jazz 7 pm Latin Club II—(7/8) 7 pm Latin Club XI—(8/8) 7 pm Silver Ballroom-(6/8) 8 pm VW / PB / QS—(5/8) 8 pm Latin Club III—(8/8)	7 pm Social Dance I-(1/8) 7 pm Latin Club X—(1/8) 8 pm Latin Club I—(4/8) 8 pm Hip Hop	' '-/	6 pm Contemporary 7 pm Swing 102—(2/4) 7 pm Social Dance X—(3/8)	7 pm Latin Club I—(1/8)	8 10 am Ballet 11 am Burlesque 12—1:30 pm Technique Workshop w/ Rainier Rics \$30
9 1:30 pm Bronze Class-(7/8) 2 pm Social Dance I—(2/8) 3 pm Latin Club I—(2/8)	10 6 pm Jazz 7 pm Latin Club II—(8/8) 7 pm Latin Club XII—(1/8) 7 pm Silver Ballroom-(7/8) 8 pm VW / PB / QS—(6/8) 8 pm Latin Club IV—(1/8)	7 pm Social Dance I-(2/8) 7 pm Latin Club X—(2/8) 8 pm Latin Club I—(5/8) 8 pm Hip Hop	7 pm Swing 101—(1/4) 7 pm Night Club IX—(5/8) 8 pm Social Dance V—(7/8)	No Contemporary 7 pm Swing 102—(3/4) 7 pm Social Dance X—(4/8)	14 7 pm Latin Club I—( <sup>2</sup> /8)	15 10 am Ballet 11 am Burlesque
16	17 6 pm Jazz 7 pm Latin Club III—(1/8)	18	19	20 🦹	21 🧥	10 am Ballet 22 11 am Burlesque
1:30 pm Bronze Class-( $^8/_8$ ) 2 pm Social Dance I—( $^3/_8$ ) 3 pm Latin Club I—( $^3/_8$ )	7 pm Latin Club XII—(2/8) 7 pm Silver Ballroom-(8/8) 8 pm VW / PB / QS—(7/8) 8 pm Latin Club IV—(2/8)	7 pm Social Dance I-(3/8) 7 pm Latin Club X—(3/8) 8 pm Latin Club I—(6/8) 8 pm Hip Hop	(4.1.)	6 pm Contemporary 7 pm Swing 102—(4/4)	7 pm Latin Club I—(3/8) 8 pm Date Night Dance Class for Couples Salsa & Rumba	12—1:30 pm Technique Workshop w/ Rainier Rics \$30
23  1:30 pm Bronze Class-(1/8) 2 pm Social Dance I—(4/8) 3 pm Latin Club I—(4/8)	24 6 pm Jazz 7 pm Latin Club III—(2/8) 7 pm Latin Club XII—(3/8) 7 pm Silver Ballroom-(1/8) 8 pm VW / PB / QS—(8/8) 8 pm Latin Club IV—(3/8)	7 pm Social Dance I-(4/8) 7 pm Latin Club X—(4/8) 8 pm Latin Club I—(7/8) 8 pm Hip Hop	<b>26</b> 7 pm Swing 101—( <sup>3</sup> / <sub>4</sub> ) 7 pm Night Club IX—( <sup>7</sup> / <sub>8</sub> ) 8 pm Social Dance VI—( <sup>1</sup> / <sub>8</sub> )	Let us give thanks with grateful hearts.	<b>28</b> 7 pm Latin Club I—( <sup>4</sup> / <sub>8</sub> )	10 am Ballet 29 11 am Burlesque
30 1:30 pm Bronze Class-(2/8) 2 pm Social Dance I—(5/8) 3 pm Latin Club I—(5/8)	7 pm Latin Club III—(3/8) 7 pm Latin Club XII—(4/8) 7 pm Silver Ballroom-(2/8) 8 pm VW / PB / QS—(1/8) 8 pm Latin Club IV—(4/8)	7 pm Social Dance I-(5/8) 7 pm Latin Club X—(5/8)	7 pm Belly Dance 7 pm Swing 101—(4/4) 7 pm Night Club IX—(8/8) 8 pm Social Dance VI—(2/8)	4 6 pm Contemporary 7 pm Swing 201—(1/4) 7 pm Social Dance X—(6/8)	<b>5</b> 7 pm Latin Club I—( <sup>5</sup> / <sub>8</sub> )	5:15 pm Doors Open / Dinner 8-10:30 pm Show & General Dancing

# **New Monthly Classes:**

Tai Chi Contemporary
Yoga Hip Hop
Jazz Belly Dance



**Ballet** 





Burlesque

# **RAINIER RICS**



# **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 I class and still be able to participate comfortably. It is not necessary to bring your own partner, as participants rotate

"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 — TBD

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— December

An expressive dance class centered on building core strength, fluidity, and precision in movement.

## **Hip Hop** — Tuesdays @ 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 — Saturdays @ 11 am

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

## Tap 101 — December—TBD

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

#### **Ballet** — Saturdays @ 10 am

Improve posture, balance and flexibly. 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.



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.





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!

Live Local
Entertainment!
Dinner Dance
Show!
Music & Dance!
Practice your
moves &
express
yourself!
Everyone

welcome! Open to the public!

