

FOXTROT
SATURDAY
JANUARY 17TH
12-1:30 PM

TECHNIQUE
SATURDAY
JANUARY 31ST
12-1:30 PM



Art is Motion

January 2026

New Beginner Classes

ENROLL NOW

Social Dance

Saturdays @ 2 pm 1/17 or
Thursdays @ 7 pm 1/8
Foxtrot, Swing, Rumba, Cha Cha

Latin Club Dance I

Saturdays @ 3 pm 1/17 or
Tuesdays @ 8 pm 1/20
Salsa, Bachata, Merengue

New Monthly Classes:

Line Dance

Contemporary

K-Pop

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

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 1:30 pm Bronze Class—(4/8)	29 7 pm Latin Club III—(8/8) 7 pm Latin Club XII—(8/8) 7 pm Silver Ballroom—(7/8) 8 pm VW / PB / QS—(6/8)	30 8 pm Latin Club Dance I Enrolling Now for January 20th 7 pm Latin Club XI—(2/8) 8 pm Hip Hop	31 New Line Dance Classes	1 7 pm Social Dance I Enroll Now for January 8th	2 7 pm Date Night Dance Class (Couples) Salsa & Bachata	3 10 am Ballet 11 am Burlesque 2 pm Social Dance I 3 pm Latin Club Dance I Enroll Now for January 17th
4 1:30 pm Bronze Class—(5/8)	5 7 pm Latin Club IV—(1/8) 7 pm Latin Club XIII—(1/8) 7 pm Silver Ballroom—(8/8) 8 pm VW / PB / QS—(7/8)	6 7 pm Latin Club XI—(3/8) 8 pm Hip Hop	7 6 pm Jazz 7 pm Night Club X—(5/8) 7 pm Social Dance VI—(5/8) 8 pm Line Dance "Footloose"	8 6 pm Contemporary 7 pm Social Dance I—(1/8) 7 pm Bronze Ballroom—(2/8)	9 New K-Pop Classes 8 pm K Pop "1&only" by XLOV	10 10 am Ballet 11 am Burlesque
11 1:30 pm Bronze Class—(6/8)	12 7 pm Latin Club IV—(2/8) 7 pm Latin Club XIII—(2/8) 7 pm Silver Ballroom—(1/8) 8 pm VW / PB / QS—(8/8)	13 7 pm Latin Club XI—(4/8) 8 pm Hip Hop	14 6 pm Jazz 7 pm Night Club X—(6/8) 7 pm Social Dance VI—(6/8) 8 pm Line Dance "Austin (Boots Stop Workin)"	15 6 pm Contemporary 7 pm Social Dance I—(2/8) 7 pm Bronze Ballroom—(2/8)	16 7 pm Date Night Dance Class (Couples) Rumba & Salsa 8 pm K Pop "1&only" by XLOV	17 10 am Ballet 11 am Burlesque 12-1:30 pm Foxtrot Workshop w/ Rainier Rics \$35 2 pm Social Dance I—(1/8) 3 pm Latin Club I—(1/8)
18 1:30 pm Bronze Class—(7/8) 2:30-4 pm Salsa Bachata Revival Workshop w/ Tanya \$35	19 7 pm Latin Club IV—(3/8) 7 pm Latin Club XIII—(3/8) 7 pm Silver Ballroom—(1/8) 8 pm VW / PB / QS—(1/8)	20 Latin dance club 7 pm Latin Club XI—(5/8) 8 pm Latin Club I—(1/8) 8 pm Hip Hop	21 6 pm Jazz 7 pm Night Club X—(7/8) 7 pm Social Dance VI—(7/8) 8 pm Line Dance "A Bar Song (Tipsy)"	22 6 pm Contemporary 7 pm Social Dance I—(3/8) 7 pm Bronze Ballroom—(4/8)	23 8 pm Salsa Bachata Social Club Meetup @ Smoke & Friends	24 10 am Ballet 11 am Burlesque
25 1:30 pm Bronze Class—(8/8)	26 7 pm Latin Club IV—(4/8) 7 pm Latin Club XIII—(4/8) 7 pm Silver Ballroom—(2/8) 8 pm VW / PB / QS—(2/8)	27 7 pm Latin Club XI—(6/8) 8 pm Latin Club I—(2/8) 8 pm Hip Hop	28 6 pm Jazz 7 pm Night Club X—(8/8) 7 pm Social Dance VI—(8/8) 8 pm Line Dance "Texas Hold 'Em"	29 6 pm Contemporary 7 pm Social Dance I—(4/8) 7 pm Bronze Ballroom—(5/8)	30 7 pm Date Night Dance Class (Couples) Foxtrot & Swing 8 pm K Pop "1&only" by XLOV	31 10 am Ballet 12-1:30 pm Technique Workshop w/ Rainier Rics \$35 1:30 pm Belly Dance 101 Fundamentals



Group Courses:

8 weeks—\$180

(Early enrollment 7+ Days Prior—Save \$15)

Series Class drop in - \$25

(1st class of level 1 only)

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

"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—\$80

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)

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!

Belly Dance 101 Fundamentals — 1/31 Saturday @ 1:30 pm

Middle Eastern inspired dance centered on building core strength, posture, and musical awareness.

Hip Hop — Tuesdays @ 8 pm

A dynamic dance class exploring rhythm, foundational techniques, and energetic movement.

Jazz — Wednesdays @ 6 pm

For dancers who enjoy physical challenges, precision, and expressing their personal style.

Line Dance — Wednesdays @ 8 pm

Fun & Social group dance for all levels improving coordination, memory and fitness!

Contemporary — Thursdays @ 6 pm

Express emotions through movement including exercises to increase flexibility, strength and body awareness.

K-Pop — Fridays @ 8 pm "1&only" by XLOV

Blending of Hip Hop/Jazz /Street Dance with Korean idol-inspired choreography for fun cardio & cultural appreciation.

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.

Tap 101 — TBD

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

Zumba — TBD

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

***Pre-enrollment is required for all classes.**

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8-week Series Classes:

Social Dance I is a fun, easy beginner class! Gain a solid understanding of the essential fundamentals of **Cha Cha, Rumba, Swing and Foxtrot** with this 8 week course. Build confident diversity for social events, weddings, cruises and parties. Feel comfortable and at ease navigating the dance floor.



SOCIAL DANCE I
8 WEEK COURSE

THURSDAYS @ 7 PM
STARTING JANUARY 8TH

OR

SATURDAYS @ 2 PM
STARTING JANUARY 3RD

\$180 INDIVIDUAL
\$360 COUPLE

**RUMBA
CHA CHA
SWING
FOXTROT**

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Dance • Fitness • Yoga

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LATIN CLUB DANCE I
8 WEEK COURSE

SATURDAYS @ 3 PM
STARTING JANUARY 17TH

OR

TUESDAYS @ 8 PM
STARTING JANUARY 20TH

**SALSA
BACHATA
MERENGUE**

\$180 INDIVIDUAL
\$360 COUPLE

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Latin Club Dance I is a fun and energetic beginner class! Gain a solid understanding of the essential fundamentals of **Salsa, Bachata and Merengue** with this 8 week course. Learning how to move to this upbeat, feel good music is a great way to connect! Heart and soul healthy.

2026 COMMUNITY DAY
Schedule
Full Day Pass Only \$20!

A day of health, education, fitness & fun

Saturday, January 10th 1-5 pm

1:00	K-POP	YOGA	LINE DANCE
1:30	HIP HOP	TAI CHI	FOXTROT
2:00	CONTEMPORARY	RHYTHM TECHNIQUE	RUMBA
2:30	CHA CHA	YOGA	JAZZ
3:00	SALSA	TAI CHI	HIP HOP
3:30	BACHATA	BALLET	WEST COAST SWING
4:00	2-STEP	LINE DANCE	K-POP
4:30	BURLESQUE	HUSTLE	SWING

Board Certified Health Coach available for individual consultation all day

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TANYA ARNHOLD

SALSA & BACHATA REVIVAL WORKSHOP
 ALL LEVELS
\$35

SUNDAY JANUARY 18TH 2:30-4 PM

1560 INDIAN TRAIL ROAD
 NORCROSS, GA 30093
 678-577-2823
[HTTPS://ARTISMOTION.ORG](https://artismotion.org)

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\$35 EACH

RAINIER RICS

SPECIAL WORKSHOPS

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TECHNIQUE SATURDAY JANUARY 31ST 12-1:30 PM

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DATE NIGHT DANCE

FRIDAYS @ 7 PM

1/2 - SALSA & BACHATA
 1/16 - RUMBA & SALSA
 1/30 - FOXTROT & SWING

\$50 PER COUPLE

PLEASE ENROLL WITHIN 48 HOURS OF CLASS

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SALSA BACHATA SOCIAL CLUB

Friday, January 23rd
 8 pm 'til late

Smoke & Friends Restaurant
 Lawrenceville

AIM Dance Meetup *Save the Date*

AIM DANCE CHALLENGE
FEBRUARY 1, 2026
2 - 5 : 3 0 P M

Adjudicators

Ian Folker **Rainier Rics**

Come join us for our annual AIM Dance Challenge!!
 Participate or Spectate and cheer on your fellow students and teachers!
 Essential competition prep workshop and fun for all. Go Team AIM!

Participants
\$250
 (includes 5 entries, admission & special workshop)
 Additional entries - \$25 per entry

Spectators
 \$25 Admission to Competition
 \$60 Special Workshop