

**Social Dance I**  
Mondays @ 8 pm 6/22  
Foxtrot, Swing, Rumba, Cha Cha

**Latin Club Dance I**  
Wednesdays @ 8 pm 6/10  
Salsa, Bachata, Merengue

**ENROLL NOW**

# Art is Motion

## June 2026

**SOCIAL DANCE I**  
8 WEEK COURSE

MONDAYS @ 8 PM  
STARTING JUNE 22<sup>ND</sup>

\$180 INDIVIDUAL  
\$360 COUPLE

RUMBA  
CHA CHA  
SWING  
FOXTROT

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 1:30 pm Bronze Class-(7/8)	1 7 pm Latin Club II—(1/8) 7 pm Silver Ballroom—(1/8) 8 pm VW / PB / QS—(8/8) 8:15 pm Yoga & Tai Chi	2 6 pm Tap 101 7 pm Latin Club XIII—(8/8) 7 pm Belly Dance 8 pm Hip Hop 8 pm Latin Club I—(4/8)	3 5 pm KIDS Ballet 6 pm Jazz 7 pm Night Club XII—(8/8) 7 pm Social Dance IX—(1/8)	4 6 pm Contemporary 7 pm Bronze Ballroom—(5/8) 7 pm Social Dance III—(6/8)	5 6 pm K Pop "New Jeans" New Jeans	6 10 am Ballet 11 am Buresque 12 pm Belly Dance 7 pm Live Love Dance Dinner Dance Show
7 No Bronze Class	8 7 pm Latin Club II—(2/8) 7 pm Silver Ballroom—(2/8) 8 pm VW / PB / QS—(1/8) 8:15 pm Yoga & Tai Chi	9 6 pm Tap 101 7 pm Latin Club XIV—(1/8) 7 pm Belly Dance 8 pm Hip Hop 8 pm Latin Club I—(5/8)	10 5 pm KIDS Ballet 6 pm Jazz 7 pm Night Club XIII—(1/8) 7 pm Social Dance IX—(2/8) 8 pm Latin Club I—(1/8)	11 6 pm Contemporary 7 pm Bronze Ballroom—(6/8) 7 pm Social Dance III—(7/8)	12 6 pm K Pop "New Jeans" New Jeans 7 pm Date Night Dance Class (Couples) Salsa & Bachata	13 10 am Ballet 11 am Buresque No Belly Dance
14 1:30 pm Bronze Class—(8/8)	15 7 pm Latin Club II—(3/8) 7 pm Silver Ballroom—(3/8) 8 pm VW / PB / QS—(2/8) 8:15 pm Yoga & Tai Chi	16 6 pm Tap 101 7 pm Latin Club XIV—(2/8) 7 pm Belly Dance 8 pm Hip Hop 8 pm Latin Club I—(6/8)	17 5 pm KIDS Ballet 6 pm Jazz 7 pm Night Club XIII—(2/8) 7 pm Social Dance IX—(3/8) 8 pm Latin Club I—(2/8)	18 6 pm Contemporary 7 pm Bronze Ballroom—(7/8) 7 pm Social Dance III—(8/8)	19 6 pm K Pop "Blackhole" IVE	20 10 am Ballet 11 am Buresque 12 pm Belly Dance
21 1:30 pm Bronze Class—(1/8)	22 7 pm Latin Club II—(4/8) 7 pm Silver Ballroom—(4/8) 8 pm VW / PB / QS—(3/8) 8 pm Social Dance I—(1/8) 8:15 pm Yoga & Tai Chi	23 6 pm Tap 101 7 pm Latin Club XIV—(3/8) 7 pm Belly Dance 8 pm Hip Hop 8 pm Latin Club I—(7/8)	24 5 pm KIDS Ballet 6 pm Jazz 7 pm Night Club XIII—(3/8) 7 pm Social Dance IX—(4/8) 8 pm Latin Club I—(3/8)	25 6 pm Contemporary 7 pm Bronze Ballroom—(8/8) 7 pm Social Dance IV—(1/8)	26 6 pm K Pop "Blackhole" IVE 7 pm Date Night Dance Class (Couples) Rumba & Swing	27 10 am Ballet 11 am Buresque 12 pm Belly Dance
28 1:30 pm Bronze Class—(2/8)	29 7 pm Latin Club II—(5/8) 7 pm Silver Ballroom—(5/8) 8 pm VW / PB / QS—(4/8) 8 pm Social Dance I—(2/8) 8:15 pm Yoga & Tai Chi	30 6 pm Tap 101 7 pm Latin Club XIV—(4/8) 7 pm Belly Dance 8 pm Hip Hop 8 pm Latin Club I—(8/8)	1 5 pm KIDS Ballet 6 pm Jazz 7 pm Night Club XIII—(4/8) 7 pm Social Dance IX—(5/8) 8 pm Latin Club I—(4/8)	2 6 pm Contemporary 7 pm Bronze Ballroom—(1/8) 7 pm Social Dance IV—(2/8)	3 6 pm K Pop "Hollywood Action" BOYNEXTDOOR	4 <sup>TH</sup> OF JULY AMERICAN INDEPENDENCE DAY

### Monthly Classes:

K-Pop Contemporary  
Tap 101 Hip Hop  
Jazz Belly Dance  
Ballet Burlesque

KIDS Ballet

TICKETS ON SALE

LIVE LOVE DANCE!

Dinner Dance Show

\$35

\$40 day of

IT'S MORE FUN ON THE FLOOR!

### Group Courses:

8 weeks—\$180  
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 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—\$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)

#### **Yoga — Mondays @ 8:15 pm**

Relax, increase your flexibility, & control your thoughts. Leave rejuvenated & peaceful.

#### **Tai Chi — Mondays @ 8:15 pm**

Enjoy practicing slow paced, gentle movements to restore the body and calm the mind.

#### **Tap 101 — Tuesdays @ 6 pm**

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

#### **Belly Dance — Tuesdays @ 7 pm | Saturdays @ 12 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.

#### **Contemporary — Thursdays @ 6 pm**

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

#### **K-Pop — Fridays @ 6 pm**

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

#### **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!

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### 8-week Series Classes:



**SOCIAL DANCE I**  
8 WEEK COURSE

MONDAYS @ 8 PM  
STARTING JUNE 22<sup>ND</sup>

\$180 INDIVIDUAL  
\$360 COUPLE

RUMBA  
CHA CHA  
SWING  
FOXTROT

The poster features a purple and green background with musical notes and a photo of a couple dancing.

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.



**LATIN CLUB DANCE I**  
8 WEEK COURSE

WEDNESDAYS @ 8 PM  
STARTING JUNE 10<sup>TH</sup>

SALSA  
BACHATA  
MERENQUE

\$180 INDIVIDUAL  
\$360 COUPLE

The poster features a red background with colorful floral patterns and a photo of a couple dancing.

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.



# YOGA &

**Mondays  
8:15 pm**

# TAI CHI



**Feel Better**

- Relieves stress / anxiety
- Boosts cognitive abilities
- Increases flexibility / agility
- Improves balance / coordination skills
- Enhances strength / stamina

Please register 48 hours before class

# PUPPIES & YOGA



**\$70**



June 14<sup>th</sup> - 2 pm & 3:30 pm  
June 27<sup>th</sup> - 5 pm & 6:30 pm

Relax and release.  
50 minute gentle yoga class  
40 minute puppy chill time  
Enroll now before spots fill up!

**BUFORD STUDIO EVENT**

# Kids Ballet

**Wednesdays @ 5 pm**

Our professional instructors provide top-tier ballet training for all skill levels, from young beginners to aspiring professionals

- ✓ Beginner Ballet Classes for Kids
- ✓ Classical & Contemporary Ballet Techniques

**\$80 Monthly**

For More Information  
**678-577-2823**

<https://artismotion.org/kids-classes/>

*Art is Motion*  
Dance • Fitness • Yoga  
1560 Indian Trail Road  
Norcross, GA 30093



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Please enroll at least 48 hours prior to desired class.**



Winston Miller

# HIP HOP

ALL LEVELS

**\$25**

**TUESDAYS  
8 PM**

678.577.2823  
[HTTPS://ARTISMOTION.ORG](https://artismotion.org)  
1560 INDIAN TRAIL RD  
SUITE 109  
NORCROSS, GA 30093

# BELLY DANCE CLASSES

Flow • Expression • Empowerment

TUESDAYS @ 7 PM  
SATURDAYS @ 12 PM

Unleash your inner rhythm & embrace the beauty of belly dance



*Art is Motion*  
Dance • Fitness • Yoga

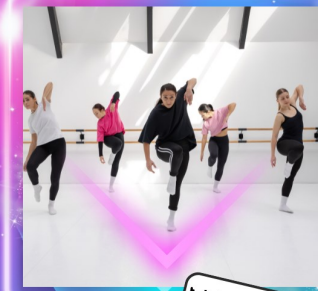
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**FRIDAYS  
@ 6 PM**

# K-POP



**NEW JEANS  
BLACKHOLE**

*Art is Motion*  
Dance • Fitness • Yoga

**NOW ENROLLING | 678-577-2823**

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