

8 week Courses Now Enrolling

Latin Club Dance I

Tuesdays @ 8 pm—8/25
Salsa, Bachata, Merengue

Social Dance I

Mondays @ 8 pm — 8/17
Foxtrot, Swing, Rumba, Cha Cha

Art is Motion

August 2026

DATE NIGHT DANCE

FRIDAYS @ 8 PM
 8/14 - SALSA & BACHATA
 8/28 - RUMBA & SWING
 9/11 - SALSA & BACHATA
 9/25 - RUMBA & SWING
\$50 PER COUPLE
PLEASE ENROLL WITHIN 48 HOURS OF CLASS

***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> | 5370 Lanier Islands Pkwy #G7, Buford, GA 30518

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5	6	7	8
	7 pm Latin Club II—(3/8) 8 pm Latin Club I—(7/8)	7 pm Social Dance Int—(7/8) 8 pm LCD Perform—(7/8)	 1 pm Gentle Yoga Flow 6 pm Line Dance 7 pm Social Dance II—(5/8) 8 pm Latin Club III—(7/8)	 7 pm Social Dance I—(3/8) 8 pm Swing Int—(7/8)	 2 pm Gentle Yoga Flow 6 pm Burlesque 7 pm Latin Club I—(5/8)	
9	10	11	12	13	14	15
	7 pm Latin Club II—(4/8) 8 pm Latin Club I—(8/8)	7 pm Social Dance Int—(8/8) 8 pm LCD Perform—(8/8)	 1 pm Gentle Yoga Flow 6 pm Line Dance 7 pm Social Dance II—(6/8) 8 pm Latin Club III—(8/8)	7 pm Social Dance I—(4/8) 8 pm Swing Int—(8/8)	 2 pm Gentle Yoga Flow 6 pm Burlesque 101 7 pm Latin Club I—(6/8) 8 pm Date Night Dance Salsa & Bachata	
16	17	18	19	20	21	22
	 7 pm Latin Club II—(5/8) 8 pm Social Dance I—(1/8)	7 pm Social Dance Int—(1/8) 8 pm LCD PG—Xtra Class	 1 pm Gentle Yoga Flow 5 pm KIDS Ballroom—(1/8) 6 pm Line Dance 7 pm Social Dance II—(7/8) 8 pm Latin Club IV—(1/8)	7 pm Social Dance I—(5/8) 8 pm Swing Int—(1/8)	 2 pm Gentle Yoga Flow 6 pm Burlesque 101 7 pm Latin Club I—(7/8)	
23	24	25	26	27	28	29
	 7 pm Latin Club II—(6/8) 8 pm Social Dance I—(2/8)	 7 pm Social Dance Int—(2/8) 8 pm Latin Club I—(1/8)	 1 pm Gentle Yoga Flow 5 pm KIDS Ballroom—(2/8) 6 pm Line Dance 7 pm Social Dance II—(8/8) 8 pm Latin Club IV—(2/8)	7 pm Social Dance I—(6/8) 8 pm Swing Int—(2/8)	 2 pm Gentle Yoga Flow 6 pm Burlesque 7 pm Latin Club I—(8/8) 8 pm Date Night Dance Rumba & Swing	
30	31	1	2	3	4	5
	7 pm Latin Club II—(7/8) 8 pm Social Dance I—(3/8)	 7 pm Social Dance Int—(2/8) 8 pm Latin Club I—(2/8)	 1 pm Gentle Yoga Flow 5 pm KIDS Ballroom—(3/8) 6 pm Line Dance 7 pm Social Dance III—(1/8) 8 pm Latin Club IV—(3/8)	7 pm Social Dance I—(7/8) 8 pm Swing Int—(3/8)	 2 pm Gentle Yoga Flow 6 pm Burlesque 101 7 pm Latin Club II—(1/8)	

Classes now enrolling:

Gentle Yoga Flow

Burlesque

Line Dance

Latin Club Dance I

Social Dance I

Date Night Dance

KIDS Ballroom



Party & Guest Event

Saturday, September 19th

7 pm Beginner Class

8 - 10 pm Social Dance

Make it a date!

Invite your friends.

Enjoy socializing, dancing, & refreshments.

\$30



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

***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



Monthly Classes:

4 Classes—\$80 8 Classes—\$140

Gentle Yoga Flow — Wednesdays @ 1 pm | Fridays @ 2 pm

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

Line Dance — Wednesdays @ 6 pm

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

Burlesque — Fridays @ 6 pm

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

Line Dance Classes
Wednesdays at 6 pm



Art is Motion
Dance • Fitness • Yoga

with Sarah

BURLESQUE
DANCE CLASS

FRIDAYS @ 6 PM

ELEVATE YOUR SKILL SET.



SENSUAL
GLAMOROUS
UNFORGETTABLE

\$80 MONTHLY

8-week Series Classes:



LATIN CLUB
DANCE I

8 WEEK COURSE

TUESDAYS @ 8 PM
STARTING AUGUST 25TH

SALSA
BACHATA
MERENGUE

\$180 INDIVIDUAL
\$360 COUPLE

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.

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

MONDAYS @ 8 PM
STARTING AUGUST 17TH

RUMBA
CHA CHA
SWING
FOXTROT

\$180 INDIVIDUAL
\$360 COUPLE

Kids Ballroom

Wednesdays @ 5 pm

8 -14 years



Kids ballroom dance class will introduce the art of partner dancing to your child and teach important etiquette skills such as courtesy and respect for each other while learning to dance like young ladies and gentlemen. We work hard to build lifelong skills such as kindness, respect, teamwork, self-confidence, and responsibility while learning to dance. Dancing is a social activity and your child will make new friends while having fun learning to dance.

