

Social Dance I

Saturdays @ 1 pm 8/15
Foxtrot, Swing, Rumba, Cha Cha

ENROLL
NOW

Latin Club Dance I

Fridays @ 7 pm 8/14
Mondays @ 8 pm 8/17
Salsa, Bachata, Merengue

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> | 1560 Indian Trail Road, # 109, Norcross, GA 30093

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 1 pm Bronze Class—(7/8) 2 pm Extra Rehearsal	3 7 pm Latin Club III—(2/8) 7 pm Silver Ballroom—(1/8) 8 pm VW / PB / QS—(7/8) 8 pm Social Dance I—(6/8) 8:15 pm Yoga & Tai Chi	4 6 pm Spicy Margarita—(2/18) 6 pm Hip Hop 7 pm Ballet 7 pm Belly Dance 7 pm Latin Club XIV—(8/8)	5 5 pm KIDS Ballet 6 pm Jazz 7 pm Night Club XIII—(8/8) 8 pm Latin Club II—(1/8)	6 6 pm Contemporary 7 pm Latin Club I—(3/8) 7 pm Bronze Ballroom—(6/8) 8 pm Social Dance IV—(7/8)	7 6 pm K Pop "Chk Chk Boom" Stray Kids	8 10 am Ballet 11 am Buresque 12 pm Belly Dance
9 1 pm Bronze Class—(8/8) 2 pm Extra Rehearsal	10 6 pm Tap 101 7 pm Latin Club III—(3/8) 7 pm Silver Ballroom—(2/8) 8 pm VW / PB / QS—(8/8) 8 pm Social Dance I—(7/8) 8:15 pm Yoga & Tai Chi	11 6 pm K Pop 6 pm Hip Hop 7 pm Ballet 7 pm Belly Dance 7 pm Latin Club XV—(1/8)	12 5 pm KIDS Ballet 6 pm Jazz 7 pm Night Club XIV—(1/8) 8 pm Latin Club II—(2/8)	13 6 pm Contemporary 7 pm Latin Club I—(4/8) 7 pm Bronze Ballroom—(7/8) 8 pm Social Dance IV—(8/8)	14 6 pm K Pop 7 pm Latin Club I—(1/8) 8 pm Date Night Dance Class (Couples) Salsa & Bachata	15 10 am Ballet 11 am Buresque 12 pm Belly Dance 12 pm Balance, Posture & Stability Workshop (\$30) 1 pm Social Dance I—(1/8)
16 1 pm Bronze Class—(1/8) 2 pm Extra Rehearsal 3 pm 2-Step Workshop with Tanya (\$30)	17 6 pm Tap 101 7 pm Latin Club III—(4/8) 7 pm Silver Ballroom—(3/8) 8 pm VW / PB / QS—(1/8) 8 pm Latin Club I—(1/8) 8:15 pm Yoga & Tai Chi	18 6 pm K Pop 6 pm Hip Hop 7 pm Ballet 7 pm Belly Dance 7 pm Latin Club XV—(2/8)	19 5 pm KIDS Ballet 6 pm Jazz 7 pm Night Club XIV—(2/8) 8 pm Latin Club II—(3/8)	20 6 pm Contemporary 7 pm Latin Club I—(5/8) 7 pm Bronze Ballroom—(8/8) 8 pm Social Dance V—(1/8)	21 6 pm K Pop 7 pm Latin Club I—(2/8)	22 10 am Ballet 11 am Buresque 12 pm Belly Dance 1 pm Social Dance I—(2/8)
23 1:30 pm Bronze —(2/8) 2:30 pm Spicy Mrgta—(3/18)	24 6 pm Tap 101 7 pm Latin Club III—(5/8) 7 pm Silver Ballroom—(4/8) 8 pm VW / PB / QS—(2/8) 8 pm Latin Club I—(2/8) 8:15 pm Yoga & Tai Chi	25 6 pm K Pop 6 pm Hip Hop 7 pm Ballet 7 pm Belly Dance 7 pm Latin Club XV—(3/8)	26 5 pm KIDS Ballet 6 pm Jazz 7 pm Night Club XIV—(3/8) 8 pm Latin Club II—(4/8)	27 6 pm Contemporary 7 pm Latin Club I—(6/8) 7 pm Bronze Ballroom—(1/8) 8 pm Social Dance V—(2/8)	28 6 pm K Pop 7 pm Latin Club I—(3/8) 8 pm Date Night Dance Class (Couples) Rumba & Swing	29 10 am Ballet 11 am Buresque 12 pm Belly Dance 1 pm Social Dance I—(3/8) 12—1:30 pm Waltz Workshop w/ Rainier Rics (\$35)
30 1:30 pm Bronze —(3/8) 2:30 pm Spicy Mrgta—(4/18)	31 6 pm Tap 101 7 pm Latin Club III—(6/8) 7 pm Silver Ballroom—(7/8) 8 pm VW / PB / QS—(3/8) 8 pm Latin Club I—(3/8) 8:15 pm Yoga & Tai Chi	1 6 pm K Pop 6 pm Hip Hop 7 pm Ballet 7 pm Belly Dance 7 pm Latin Club XV—(3/8)	2 5 pm KIDS Ballet 6 pm Jazz 7 pm Night Club XIV—(4/8) 8 pm Latin Club II—(5/8)	3 6 pm Contemporary 7 pm Latin Club I—(7/8) 7 pm Bronze Ballroom—(2/8) 8 pm Social Dance V—(3/8)	4 6 pm K Pop 7 pm Latin Club I—(4/8)	5 10 am Ballet 11 am Buresque 12 pm Belly Dance 1 pm Social Dance I—(4/8)

Monthly Classes:

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

KIDS Ballet

Art is Motion
Dance • Fitness • Yoga

AUGUST SPECIAL WORKSHOPS

SATURDAY
AUGUST 15TH
12-1 PM
BALANCE, POSTURE & STABILITY

\$30

SATURDAY
AUGUST 29TH
12-1:30 PM
WALTZ

\$35

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: 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

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 — Mondays @ 6 pm

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

Hip Hop — Tuesdays @ 6 pm

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

K-Pop — Tuesdays | Fridays @ 6 pm

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

Ballet — Tuesdays @ 7 pm | Saturdays @ 10 am

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

Belly Dance — Tuesdays @ 7 pm | Saturdays @ 12 pm

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

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.

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!

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

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
SATURDAYS @ 1 PM
STARTING AUGUST 15TH
\$180 INDIVIDUAL
\$360 COUPLE
RUMBA
CHA CHA
SWING



LATIN CLUB DANCE I
8 WEEK COURSE
FRIDAYS @ 7 PM
STARTING AUGUST 14TH
OR
MONDAYS @ 8 PM
STARTING AUGUST 17TH
\$180 INDIVIDUAL
\$360 COUPLE
SALSA
BACHATA
MERENQUE

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.



COUNTRY 2-STEP WORKSHOP
SUNDAY
AUGUST 16TH
3-4 PM
\$30
BEGINNER FRIENDLY

K-POP

\$80

TUESDAYS @ 6 PM

FRIDAYS @ 6 PM

CHK CHK BOOM BY STRAY KIDS

Art is Motion
Dance • Fitness • Yoga

NOW ENROLLING | 678-577-2823

1560 Indian Trail Rd Norcross, GA 30093
[HTTPS://ARTISMOTION.ORG](https://artismotion.org)

ADULT BALLET CLASSES

ELEGANCE IN MOTION

BEAUTY STRENGTH AND GRACE COME TOGETHER IN EVERY STEP

BEGINNER FRIENDLY

TUESDAYS @ 7 PM
OR
SATURDAYS @ 10 AM

\$80

Art is Motion
Dance • Fitness • Yoga

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

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

Art is Motion
Dance • Fitness • Yoga

<https://artismotion.org/kids-classes/>
1560 Indian Trail Road
Norcross, GA 30093

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.

Art is Motion
Dance • Fitness • Yoga

HIP HOP
ALL LEVELS

\$80 MONTHLY

TUESDAYS 6PM
NEW TIME!!

Winston Miller

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

1560 Indian Trail Rd #109
Norcross, GA 30093
678-577-2823
<https://artismotion.org/monthly-classes/>

BURLESQUE DANCE CLASS

SATURDAYS @ 11 AM

ELEVATE YOUR SKILL SET.

SENSUAL GLAMOROUS UNFORGETTABLE

\$80 MONTHLY

LEARN MORE [HTTPS://ARTISMOTION.ORG/MONTHLY-CLASSES/](https://artismotion.org/monthly-classes/)

Art is Motion
Dance • Fitness • Yoga

1560 INDIAN TRAIL #109
NORCROSS, GA 30093
678-577-2823