Now Enrolling!

Social Dance I
Mondays & Wednesdays @ 7 pm
Foxtrot, Swing, Rumba, Cha Cha

Latin Club Dance I
Mondays & Wednesdays @ 8 pm
Salsa, Bachata, Merengue

Art is Motion
November 2026

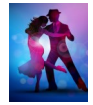
*Pre-enrollment is required for all classes. Please enroll at least 48 hours prior to desired class by Calling or Texting 678-577-2823 or Emailing dance@artismotion.org

678-577-2823 | https://ArtIsMotion.org | 5370 Lanier Islands Pkwy #G7, Buford, GA 30518

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 NEW 1 pm Gentle Yoga Flow 7 pm Social Dance I—(1/8) 8 pm Latin Club I—(1/8)	3 6 pm Burlesque 101 7 pm SD Perf Group-(12/18) 8 pm Latin Club V—(4/8) 8 pm Latin Club II—(1/8)	4 NEW 7 pm Social Dance I—(1/8) 8 pm Latin Club I—(1/8)	5 12 pm Gentle Yoga Flow 8 pm Social Dance IV-(2/8)	6 7 pm Date Night Dance Salsa & Bachata	7
Event Space available for RENT Call 678-577-2823	9 1 pm Gentle Yoga Flow 7 pm Social Dance I—(2/8) 8 pm Latin Club I—(2/8)	10 6 pm Burlesque 101 7 pm SD Perf Group-(13/18) 8 pm Latin Club V—(5/8) 8 pm Latin Club II—(2/8)	11 7 pm Social Dance I—(2/8) 8 pm Latin Club I—(2/8)	12 NEW 12 pm Gentle Yoga Flow 7 pm Basics 101—(1/4) 8 pm Social Dance IV-(3/8)	13	**Event Space available for RENT** Call 678-577-2823
	16 1 pm Gentle Yoga Flow 7 pm Social Dance I—(3/8) 8 pm Latin Club I—(3/8)	17 6 pm Burlesque 101 7 pm SD Perf Group-(14/18) 8 pm Latin Club V—(6/8) 8 pm Latin Club II—(3/8)	18 7 pm Social Dance I—(3/8) 8 pm Latin Club I—(3/8)	19 12 pm Gentle Yoga Flow 7 pm Basics 101—(2/4) 8 pm Social Dance IV-(4/8)	20 7 pm Date Night Dance Rumba & Swing	
22	23 1 pm Gentle Yoga Flow 7 pm Social Dance I—(4/8) 8 pm Latin Club I—(4/8)	24 6 pm Burlesque 101 7 pm SD Perf Group-(15/18) 8 pm Latin Club V—(7/8) 8 pm Latin Club II—(4/8)	25 7 pm Social Dance I—(4/8) 8 pm Latin Club I—(4/8)			28
29	30 1 pm Gentle Yoga Flow 7 pm Social Dance I—(5/8) 8 pm Latin Club I—(5/8)	1 6 pm Burlesque 101 7 pm SD Perf Group-(16/18) 8 pm Latin Club V—(8/8) 8 pm Latin Club II—(5/8)	2 7 pm Social Dance I—(5/8) 8 pm Latin Club I—(5/8)	3 12 pm Gentle Yoga Flow 7 pm Basics 101—(3/4) 8 pm Social Dance IV-(5/8)	4	5 6-10 pm Lights, Camera, Action Showcase NORCROSS

Classes now enrolling:

Gentle Yoga Flow
Burlesque
Line Dance
Latin Club Dance I
Social Dance I
Date Night Dance



Group Courses:

8 weeks—$180
Series Class drop in - $25
(1st class of level 1 only)

Social Dance: Foxtrot, Swing, Rumba, Tango, Cha Cha, 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:

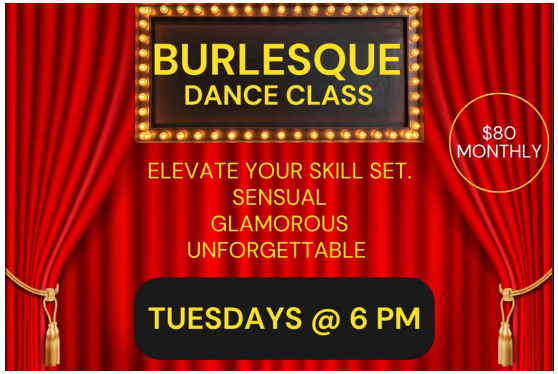
4 Classes—$80 8 Classes—$140

Gentle Yoga Flow — Mondays @ 1 pm | Thursdays @ 12 pm

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

Burlesque — Tuesdays @ 6 pm

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



8-week Series Classes:

Mondays @ 7 pm—Nov 2 to Dec 21
Wednesdays @ 7 pm—Nov 4 to Dec 23

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.

Thursdays @ 7 pm—Nov 12 to Dec 10

Basics 101 is a fun, easy introductory 4 week class! Learn the basics of Cha Cha, Rumba, Swing and Foxtrot! Begin your dance journey today to become competent on the dance floor at social events, weddings, cruises and parties.

Mondays @ 8 pm—Nov 2 to Dec 21
Wednesdays @ 8 pm—Nov 4 to Dec 23

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.

Holiday Gift Certificates are now on Sale!

Purchase online:
https://artismotion.org/product/gift-certificates/