

Classes at Motion

At a Body In Motion, we strive to offer a variety of classes to individuals of any age. Our goal is to help everyone enjoy the beauty of movement and push to their fullest potential. Contact us at info@abodyinmotion.us for our most current class schedule. We look forward to watching you become a body in motion!

OUR MISSION STATEMENT:

To provide quality instruction in the performing arts and personal fitness to all ages and levels. Our purpose is to encourage improvement and growth in every area our students and patrons pursue. We believe learning is a life-long process and pursuit of a passion should not end at a certain age.

Dance and Cheer Classes at A Body In Motion

- Creative Movement (Ballet, Jazz, Tumbling): Age 2-5
- Tap, Jazz: Age 3-18
- Ballet: Age 4-18
- Hip Hop: Age 4-18
- Lyrical Jazz: Age 10-18
- Contemporary Jazz: Age 10-18
- Drill Team Prep: Age 10-18
- Cheer: Age 4-14
- Tumbling: Age 4-14
- College Dance/Drill Prep: Age 13-18
- Pro Dance/Cheer Prep: Age 16 and up
- Adult Ballet: Age 14 and up
- Adult Tap: Age 14 and up
- Adult Drill Team: Age 16 and up



Competition Dance/Cheer Teams and Specialty Classes

- Motion Hip Hop Team, Blackout: Age 7-Pro
- Motion Dance Team, Blue Fusion: Age 7-18
- Motion Cheer Team, Legend of Texas All Star Cheer: Age 2-18
- Voice/Musical Theater: Age 7-18

Fitness Classes at A Body In Motion

- Zumba
- Insanity
- Flexibility/Core Conditioning
- Adult Drill Team Workout
- Hip Hop Funk Workout



On The Historic Carrollton Square
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www.abodyinmotion.us