

NEXT LEVEL GROUP FITNESS

Some services brought to you in part by UNM student fees

Salsa Partner Dancing Level III

Monday/Wednesday 7:30-8:30pm in the Dance Room with David and Melissa

June 9th – July 30th

This is a progression from the Salsa Partner Dancing Level II. This class will not only give more advanced steps in Salsa, you will also learn other dances (Merengue, Cha-Cha, Bachata, and Rumba). Don't worry about bringing a buddy there will be plenty people to dance with, including the instructors. To participate in this class you must have taken Salsa Partner Dancing Level II. Salsa partner dancing Level I and II are available with the purchase of the Recreational Services "Works" fitness pass.

What to expect from this class

Salsa techniques: Double Turns, Multiple Turns, Neck drop, Triple Lock, Rotating Triple Lock, Straightjacket, and more

Cha-Cha: Basic, 5th position, Cross-over, Side Chase, Progressive Forward and Back, Turn, Chase, Cross-Body-Lead, Double Turn, All the Salsa Moves in Cha-Cha

Merengue: Basic, with multiple different moves

Bachata: Basic, Turn, Other moves with progression

Rumba: Basic Box, Rotating Box, 5th Position, Cross-Body-Lead, 5th Position with Under-Arm Turn

Learn and practice a group routine dance to perform at the end of the semester Gala!

Prices for class above per person

\$60 – UNM Student, Faculty, Staff

\$75 – Community

**Purchase a Next Level and "Works" pass together and get \$20 off total price!!!*

Tai Chi Chuan

Monday/Wednesday 5:30-6:30pm in Johnson Center Lounge, Rm. 1102 with Paul Rossignol

June 9th – July 30th

Enjoy the serenity Traditional Yang Style Tai Chi Chuan, a Chinese system of health and self-defense with ancient roots. The practice of Tai Chi improves balance, posture and strength.

Advanced practice may also promote a positive connection with yourself, other people and the world around you.

Prices for class above per person

\$45-UNM students, Faculty and Staff

\$65-Community

*** The classes mentioned above are goal-oriented classes. Each class is a progression from the one before. The space available for participants is limited to a smaller amount than is available for the "Works" classes in order for the instructor to focus on the individual's needs and the proposed goal. These classes are not available for academic credit.**

****All class times, names, dates, instructors, and locations are subject to change or cancellation at any time. Please check with Recreational Services to register and/or for changes prior to the beginning of class.**