

The Jewish Community Center of Greater Albuquerque

# March 2023 Program Guide



## Check out the JCC Elite Studio

Have you visited our incredible Elite Studio? This space hosts classes including JUMP (trampolines!), bootcamps, HIIT and more! See the full Elite Studio lineup (and more) in this guide.



# Group Fitness Schedule

March 2023

Ronald Gardenswartz Jewish Community Center of Greater Albuquerque  
5520 Wyoming Blvd NE - Albuquerque, NM 87109 - 505-332-0565

| TIME    | MONDAY  | TUESDAY  | WEDNESDAY                        | THURSDAY   | FRIDAY  | SATURDAY   | SUNDAY   |
|---------|---|--|----------------------------------|--|---|--|--|
| 6:00am  |   |  | Muscle Hour<br>Lolli             |  | Full Body<br>Workout<br>Lolli   |  |  |
| 8:30am  | <br>Rachael  | Senior<br>Strength<br>Leanne   | Muscle Step<br>Rachael           | Core Assets<br>Leanne  | Lower Body<br>Barre<br>Dawn   | Boot Camp<br>Karen<br><b>NEW TIME!!</b><br>8:15am  |  |
| 9:30am  | Core<br>Assets<br>Rachael   | E.S.P.<br>Leanne   | Tabata<br>Core<br>Patricia       | Full Body<br>Workout<br>Leanne   | Step n' Tone<br>Dawn  | <br>Anick | <br>Sheryl<br><b>(9:00am)</b> |
| 10:30am | Barre<br>Stretch<br>Dawn  | <br>Bri    | Barre Stretch<br>Dawn            | <br>Dawn | <br>Erica |  |  |
| 11:30am | Fit 2 Move<br>Lisa  |  |                                  | Fit 2 Move<br>Lisa   |   |  | Kids Dance*<br>1-3pm   |
| 4:30pm  |   | Barre<br>Stretch<br>Sherri   |                                  |  |           |  |  |
| 5:30pm  | <br>Pattie | Full Body<br>Workout<br>Lolli  | Interval<br>Training<br>Karen    | Strength &<br>Conditioning<br>Karen  |   |  |  |
| 6:30pm  |   | <br>Erica | Israeli<br>Dance*<br>Sara (7:00) | Adult Ballet*<br>Lauren (6:45)   |   |  |  |

Group Fitness Director: Dawn LoGuercio | Contact: 505-418-4473 or [dawnl@jccabq.org](mailto:dawnl@jccabq.org)

Reserve your spot in class up to 48 hours in advance using the JCC app

\* Indicates fee-based class; must register in Member Services or at [www.jccabq.org](http://www.jccabq.org)






# Elite Studio Class Schedule

## March 2023

Ronald Gardenswartz Jewish Community Center of Greater Albuquerque  
5520 Wyoming Blvd NE - Albuquerque, NM 87109 - 505-332-0565

| TIME    | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY                      | FRIDAY  | SATURDAY   | SUNDAY |
|---------|--|--|--|-------------------------------|---|--|--------|
| 8:00am  |  |  |  |                               |   | MMA Conditioning<br>Chris & Leigh<br>(ends March 11) |        |
| 8:30am  |  |  |  | Boot Camp<br>Lolli            |   |  |        |
| 9:00am  | JUMP<br>Dawn   |  | JUMP<br>Dawn   |                               |   |  |        |
| 9:30am  |  |  |  |                               |   | TRXcel<br>Lee*                                       |        |
| 10:30am |  |  | Beyond<br>Rowing<br>Hallie*                          |                               |   |  |        |
| 5:30pm  |  | Power &<br>Balance<br>Kathryn*<br>(begins March 7) |  | HIIT 30<br>Leanne<br>(5:45pm) |   |  |        |
| 6:30pm  | Metabolic<br>Maniacs<br>Alexis*<br>(begins March 13) |  | Metabolic<br>Maniacs<br>Alexis*<br>(begins March 15) |                               |  |  |        |

**Group Fitness Director: Dawn LoGuercio | Contact: 505-418-4473 or [dawnl@jccabq.org](mailto:dawnl@jccabq.org)**

**Reserve your spot in class up to 48 hours in advance using the JCC app**






**\* Indicates fee-based class; must register in Member Services or at [www.jccabq.org](http://www.jccabq.org)**



# Spinning Schedule

## March 2023

Ronald Gardenswartz Jewish Community Center of Greater Albuquerque  
5520 Wyoming Blvd NE - Albuquerque, NM 87109 - 505-332-0565

| TIME                               | MONDAY                      | TUESDAY   | WEDNESDAY                   | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY                       |
|------------------------------------|-----------------------------|---|-----------------------------|---|--|---|------------------------------|
| 5:30 a.m.                          |                             | <b>SPINPower.</b><br>Steve G.   |                             |  <b>SPINNING.</b><br>Robin |  |   |                              |
| 7:30 a.m.                          |                             |   |                             |   |  |  <b>SPINNING.</b><br>Robin |                              |
| 8:30 a.m.                          |                             | <b>SPINPower.</b><br>Rosina   |                             | <b>SPINPower.</b><br>Arleen   |  |   | <b>SPINPower.</b><br>Steve G |
| 9:00 a.m.                          |                             |   |                             |   |  |  <b>SPINNING.</b><br>Debra |                              |
| 9:30 a.m.                          | <b>SPINPower.</b><br>Arleen |   | <b>SPINPower.</b><br>Sherri |   | <b>SPINPower.</b><br>Steve G   |   |                              |
| <b>11:00 a.m.</b><br><b>NEW!!!</b> |                             |   |                             |   |  <b>SPINNING.</b><br>Jim |                          |                              |
| 5:30 p.m.                          | <b>SPINPower.</b><br>Lolli  |  <b>SPINNING.</b><br>Debra | <b>SPINPower.</b><br>Pattie |   |  |   |                              |

The Spinning program welcomes participants of all fitness levels. Classes are 50-minute sessions which consist of a proper warm up, ride, and cool down. For safety and minimal disruption, please plan to attend the entire class.

 **SPINNING.** Classes are designed to challenge you with a focus on heartrate, perceived exertion and RPM's.

**SPINPower.** Classes focus on measuring work effort through the principals of power measured in watts.

**Group Fitness Director: Dawn LoGuercio | Contact: 505-418-4473 or [dawnl@jccabq.org](mailto:dawnl@jccabq.org)**

**Reserve your spot in class up to 48 hours in advance using the JCC app**





# Zen Studio Schedule

## March 2023

Ronald Gardenswartz Jewish Community Center of Greater Albuquerque  
5520 Wyoming Blvd NE - Albuquerque, NM 87109 - 505-332-0565

| TIME       | MONDAY  | TUESDAY                          | WEDNESDAY                                     | THURSDAY                           | FRIDAY  | SATURDAY                   | SUNDAY  |
|------------|---|----------------------------------|---|------------------------------------|---|----------------------------|---|
| 9:30 a.m.  | Chair Yoga<br>Karen                           | Simply Stretch<br>Sherri         | Pilates 101<br>Daniel                         | Balance, Core & Strength<br>Sherri | Simply Stretch<br>Rachael   |                            |   |
| 10:30 a.m. | Vinyasa Flow Yoga<br>Karen                    | Pilates Core & Strength<br>Tracy | Iyengar Yoga<br>Mindy                         | Waist up<br>Sherri                 | Vinyasa Flow Yoga<br>Kyra   | Vinyasa Flow Yoga<br>Karen | Vinyasa Flow Yoga<br>Sara                     |
| 12:00 noon | Pilates Mat<br>Tracy                          | Vinyasa Flow Yoga<br>Sara        | Pilates Mat<br>Tracy                          | Vinyasa Flow Yoga<br>Colleen       | Pilates Core & Strength<br>Tracy  |                            | <b>NEW!!!</b><br>Vinyasa Flow Yoga<br>Annette |
| 6:00 p.m.  | <b>NEW!!!</b><br>Vinyasa Flow Yoga<br>Annette |                                  | <b>NEW!!!</b><br>Vinyasa Flow Yoga<br>Annette |                                    |  |                            |   |
|            |   |                                  |   |                                    |   |                            |   |

Group Fitness Director: Dawn LoGuercio | Contact: 505-418-4473 or [dawnl@jccabq.org](mailto:dawnl@jccabq.org)

Reserve your spot in class up to 48 hours in advance using the JCC app

All classes located in the Zen Studio inside the Brody Annex building; Please bring your own mat



## Group Class Descriptions

**Balance, Core & Stretch:** For our special populations, this class will help to strengthen your core, improve balance as well as increase flexibility.

**Barre Stretch:** A new class that will focus on releasing tight muscles with the use of the ballet barre. Increase flexibility, improve your posture and range of motion.

**Boot Camp:** A fun, high energy workout incorporating cardio, weights, speed and agility drills. Keep that metabolism burning long after your workout is finished!

**Chair Yoga:** Your traditional yoga class while using a chair to assist you with poses.

**Core Assets:** Establish strength, stability and support in your glutes, back and midsection; all important assets of the core!

**E.S.P.:** Duration based exercise that incorporates ENDURANCE, STRENGTH and POWER to build lean muscle, condition the heart and help burn fat more efficiently.

**Fit 2 Move:** This class is geared for all ages and levels. Exercises are adapted to your condition to increase mobility, flexibility, strength and coordination. Chairs are available to use as an option.

**Full Body Workout:** Condition your whole body in a workout that combines sculpting with muscle endurance and cardio.

**HIIT 30:** A 30 min workout in which you can work smarter, not harder! Utilizing heart rate training and wearable technology, you can gain optimal results in a shorter amount of time. Heart rate monitors are recommended, but not required.

**Interval Training:** Increase and decrease the intensity of your workout between aerobic and anaerobic training which will speed up your metabolism and teach your body to burn calories while at rest.

**JUMP:** Brand new to the JCC! This is a trampoline based workout that has a stability bar attached to each trampoline. Benefits of trampoline exercise include: improved cardiovascular and metabolic performance, increased muscular endurance and core strength, improved balance and coordination, joint stability, and improved lymphatic system functionality. This class is going to be FUN-you don't want to miss it!

**LaBlast®:** Based on dances seen on Dancing with the Stars, learn the Disco, Jive, Viennese Waltz, Lindy Hop and more in a partner free, dance fitness class. The easy-to-learn patterns & music selections from all genres & eras welcome any age & fitness level.

**Muscle Endurance:** Full body, low impact conditioning and endurance that utilizes various equipment that defines and builds muscle.

**Muscle Hour:** Non-aerobic isolated strengthening work using a variety of resistance equipment. Tone and shape the entire body.

**Pilates 101:** Perfect for beginners and special populations, this class will teach you the fundamentals of Pilates with a gentler approach.

**Pilates Core & Strength:** Not your traditional Pilates Mat class! Equipment is used in a way that sends attention, information and energy back to your core. Light weights will create extra stability to your shoulders, core and pelvis.

**Pilates Mat:** A total mind-body conditioning program designed to improve posture, flexibility, core strength and stability.

**Power Flex:** You do not want to miss this total body barbell workout. Improve body tone, muscle definition, strength and endurance.

**R.E.P.S. (Resistance-Endurance-Power-Strength):** This hour of power is an intense endurance workout using a variety of resistance equipment to increase your muscular strength, enhance your core and cardiovascular fitness.

**Senior Strength:** This strength training class is one that is geared towards special populations, Attendees will increase fitness levels in a self paced format that will also focus on improving posture and balance, help build bone density all while learning proper form/technique to reduce future injuries.

**Simply Stretch:** The third component of a fitness workout is flexibility. This class is designed to help improve your workouts with stretches to refresh your tired muscles.

**Spinning®:** The Spinning® program is not just about exercise. Spinning classes offer a variety of rides, movements, coaching and motivation that keep riders safe, excited and engaged.

**SPINPower®:** With the innovation of power technology, you will now be able to measure your actual intensity in watts and accurate energy expenditure in kilojoules. Our certified SpinPower instructor will coach you through working zones based on your PST.

**Step n' Tone:** A step class that will include easy to follow choreography, interspersed with toning intervals using a variety of weights, bands and other equipment.

**Strength & Conditioning:** This is a total body conditioning class using free weights, body bars, bands & high reps to challenge you while utilizing all major muscle groups of the upper and lower body.

**Tabata Core:** All of the calorie burning of the Tabata intervals format, followed by core exercises that will strengthen and tone your midsection.

**Waist Up:** Sculpt and condition arms, chest, back and core. Everything from the waist up!

**Yoga:** We offer several styles so that you can experience a fresh exploration for the physical, mental and spiritual body. All levels are both welcomed and encouraged!

**Iyengar Yoga:** Build strength and patience through the use of proper alignment and breathing while holding postures for longer periods of time.

**Vinyasa Flow Yoga:** Encouraging the synchronization of mind, body and breath, this class will use creative, flowing movement sequences to improve strength, balance, and flexibility. Props may be used in some classes. Modifications are always offered and encouraged.

**Zumba:** A dance class that fuses hypnotic Latin & international musical rhythms & tantalizing moves to create a dynamic workout that is fun & easy to do.



# SYNAPSE STICKS

Connecting Your Body and Brain!



**8 Weeks**  
**Tuesdays 9:30am-10:15am**  
**March 7th - April 25th**  
**\$115 Members**  
**\$145 Non-Members**  
**Space for 8 Participants**

Synapse Sticks provide Movement for Cognitive Improvement and Coordination. This 8-week evidence based movement program is taught by the JCC's Physical Therapist and martial artist, Dr. Julius Somera. Synapse Sticks use a series of progressive, multi-dimensional movement patterns to help stimulate and improve cognitive function. Participants will practice hand-eye coordination skills and drills utilizing double rattan sticks. Learn a new skill set and improve your function while having fun!

**Benefits of Synapse Sticks Training**  
**Improve:** agility, balance, coordination  
**Enhance:** cognitive function and health  
**Increase:** core activation and upper body mobility

Register online at [www.jccabq.org](http://www.jccabq.org) or in Member Services. Contact: Susanna Pier, 505-418-4478, [susannap@jccabq.org](mailto:susannap@jccabq.org)



# POWER & BALANCE

at any age



**Tuesdays 5:30-6:30pm • Mar. 7th - Apr. 11th**  
**\$85 members • \$99 non-members**

Life is meant to be lived to its fullest! The JCC's 'Power & Balance at Any Age' will give you the tools to excel in both the activities you love, as well as in everyday tasks. JCC trainer Kathryn Hull will teach you how to train smarter not harder! Studies suggest that power training offers more potential for improving muscle power and performance in older adults than regular strength training. Balance is important at any age: whether you want ski down Sandia Mountain or step into your shoes in the morning! This combination class will keep your brain and body challenged, and it is suited for any fitness level. Register at [www.jccabq.org](http://www.jccabq.org) or in member services. Contact Susanna Pier with questions: 505-418-4478 or [susannap@jccabq.org](mailto:susannap@jccabq.org)



# METABOLIC MANIACS

**Mon & Wed 6-7pm • Mar 13-Apr 19**  
**\$145 Members • \$165 Non-Members**

Increase your strength & metabolism with the JCC's newest offering! Metabolic Maniacs' 6-week program will concentrate on Olympic weight lifting and athletic movements modified to ANY fitness level. Workouts will consist of mobility, WODs and HIIT workouts. JCC L-1 Certified CrossFit Coach, Alexis Cintron, will help you to get strong and fit for the summer and for life. Program includes InBody body composition testing (optional). Get ready to sweat!

Register at [jccabq.org](http://jccabq.org) or in Member Services. For questions contact Susanna Pier at 505-418-4478 or [susannap@jccabq.org](mailto:susannap@jccabq.org)



# 42-DAY SHRED

## Outdoor Body Transformation Challenge

April 4 - May 11

**OUTDOOR** workouts Tu/Th 5:30-6:30pm  
Kick-off Meeting March 30 at 5:30pm

Program includes:

- 2 **OUTDOOR** boot camp-style workouts/week (**RAIN OR SHINE!**)
- Before/After measurements
- Nutrition accountability
- Team camaraderie & support to help you reach your goals

Pricing:

- \$149 members
- \$199 non-members

Contact Susanna Pier for more info: 505-418-4478; [susannap@jccabq.org](mailto:susannap@jccabq.org)

Get SHREDDED! Spring into action and join us for this 6-week body transformation challenge! Our trainers Karen and Hallie will push you to the limit, allowing you to put your endurance to the test and scorch excess fat in the process. With two **OUTDOOR** workouts each week, body comp. measurements, nutrition accountability, and group camaraderie, this challenge will take your fitness to a new level. This program is open to all skill and ability levels - Try this fun and effective JCC offering for yourself and get SHREDDED with us!





# toddler art series

Tuesdays 4-4:45pm  
 3/7, 3/14, 3/21  
 Members: \$60  
 Non-members: \$70

Join us for an immersive three-session art class where your toddlers will explore texture, color, and play. This unique learning experience places an emphasis on having fun while exploring creativity! Ages 2 to 4.

Register online or in member services. Contact: Alyssa Atias, 505-418-4480 or [alysaa@jccabq.org](mailto:alysaa@jccabq.org)

Parents are welcomed and encouraged to attend but it is not required



# SPRING into spring break camp

March 20<sup>th</sup>-24<sup>th</sup>  
 9am-4pm  
 \$325 Members  
 \$350 Non-Members  
 Open to Ages 5-12  
 Before/After Care Available



SPRING INTO SPRING with the J's Spring Break Camp! Kids ages 5-12 will learn about composting, planting, butterflies, and more. We will round out our week with activities including arts & crafts and scavenger hunts, plus plenty of both structured and unstructured play time throughout the day. Caring and kind camp counselors will ensure that your kiddos have a week full of both learning and fun! Before and/or after care is available from 8-9am and 4-5pm with reservation.

Register online at [www.jccabq.org](http://www.jccabq.org), or in Member Services. For questions or more information please contact Youth & Family Engagement Coordinator Susan Minkus at 505-418-4455 or [susanm@jccabq.org](mailto:susanm@jccabq.org)



# FIRST NIGHT PASSOVER SEDER

JCC Passover Theme: Supporting the Hungry in ABQ

OPEN TO THE COMMUNITY

Classic Seder Meal with Wine  
 Concise Passover Service  
 Served Family Style  
 Catered by Rhubarb & Elliott

5783-2023 April 5, 6-8pm

## TICKET INFO

Early Bird by 3/15:  
 \$36 adult • \$15 child

After 3/15:  
 \$40 adult • \$18 child

Bring non-perishable food to be donated to Roadrunner Food Bank serving those in need

Jewish Community Center of Greater Albuquerque 5520 Wyoming Blvd. NE ABQ NM 87109 [jccabq.org](http://jccabq.org)



The J Invites You to an Intimate Evening:

# Amy Faithe

*live in concert*

Join Amy on a musical journey with her band performing classics of Pop, Jazz, Disney and Broadway!

April 15, 2023 at 7:30pm  
 JCC of Greater Albuquerque  
 Doors open at 7pm  
 Tickets: \$20 by 4/5/23  
 \$25 after 4/5/23



Amy Faithe mesmerizes audiences with her powerful, dynamic singing voice and sultry vocal stylings. Her musical influences include Ella Fitzgerald, Judy Garland, Barbara Streisand and Whitney Houston. She's cultivated a style all her own which lives up to her predecessors. Amy takes her audiences on a sensual and soulful musical tour of favorites including Pop, Jazz, Disney and Broadway! She has performed live in Las Vegas, New York City, Nashville and Los Angeles, and has been nominated for several awards. Amy grew up in Albuquerque and has returned to her roots. We are so lucky to have her!

Purchase tickets at the J, or online at [jccabq.org](http://jccabq.org) or [holdmyticket.com](http://holdmyticket.com). For more info contact Phyllis Wolf at 505-418-4469 or [phyllisw@jccabq.org](mailto:phyllisw@jccabq.org)







# March 2023 Calendar of Events

## Ongoing Programs

**2nd & 4th Mondays • 12:30pm-1:30pm • FREE**  
**Yarn-a-Holics.** Calling all yarn enthusiasts! Join us twice monthly for knitting, crocheting and conversation. Socialize while you work on your latest project and make new connections. All levels welcome! **JCC Brody Annex Library**

**Mondays & Fridays • 9:30am-10:30am**  
**\$120 members/\$140 nonmembers (8 sessions)**  
**Hallie's Angels Small Group Training.** An ongoing group that meets for training twice a week. Expert JCC trainer Hallie Young will keep you coming back with fun and innovative routines that challenge both strength & endurance. **JCC Fitness Center**

**Tuesdays & Thursdays • 6:30pm-7:30pm**  
**\$149 members/\$169 nonmembers (12 sessions)**  
**Bodies by Hallie Small Group Training.** An ongoing group that meets for training twice a week. Expert JCC trainer Hallie Young will keep you coming back with fun and innovative routines that challenge both strength & endurance. **JCC Elite Studio**

**Every Wednesday • 9:30am-11am • FREE**  
**Connect 60+ OMG Older Men's Group.** A facilitated conversation group for men over 65. Join OMG to have the opportunity to gather and engage with other gentlemen to build new social connections. **JCC Brody Annex**

**Every Wednesday\* • 10:30am-1pm • \$10**  
**\*See Programs by Date for weekly descriptions**  
**Connect 60+ Lunch & Learn.** Enjoy an informative and interactive presentation followed by lunch from Rhubarb & Elliott. 10:30-11 Coffee/Check-in; 11-12 Program; 12-1 Lunch. **JCC Auditorium**

**Every Thursday • 10am-12:30pm • FREE**  
**Mah Jongg Drop-In Games.** Players with experience are welcome. **JCC Café**

**Every Thursday • 10:30am-12pm • FREE**  
**J Mom New Mother Support Group.** A creative and inclusive space for new moms to bond and build community. Conversation is professionally facilitated by experienced social worker and mother, Susan Minkus. **JCC Brody Annex**

**Every Friday • 10:45am-11:15pm • FREE**  
**Connect 60+ Friday @ the J - Sit 'n' Fit.** Sit 'n' Fit is 30-minute exercise class in and out of a chair, with exercises focusing on coordination, balance, strength and posture correction. **JCC Auditorium**

**Every Friday • 11:15am-12:30pm • FREE**  
**Connect 60+ Friday @ the J - Game Time.** Join the fun as we play a variety of classic and current games that rotate throughout the month. Once a month we do an Adult Art Project in the JCC Art Studio. **JCC Auditorium**

**3rd Sundays • 10:30am-11:00am • FREE**  
**Story Time with Susan.** Join the JCC's Susan Minkus with your little ones monthly for read-alouds from the PJ Library collection. **JCC Brody Annex Library**

## Programs by Date

**Wednesday, March 1st • 10:30am-1pm**  
**Ongoing Weekly Program • \$10**  
**Connect 60+ Lunch & Learn: Cindy, Brown, Licensed Social Worker - Investigate the Basics of Certain Senior Services.** Cindy will help clear some of the fog and help us understand and differentiate types of care, living facilities, how to cover the costs, and when to start looking for these services: Home health care vs. Home care; Independent living vs. Assisted living vs. Memory care living; Long term care vs. Palliative care vs. Hospice. **JCC Auditorium**

**Wednesday, March 1st • 10:30am-11:15am**  
**6 Sessions • \$99 members/\$125 nonmembers**  
**Beyond Rowing.** The JCC is proud to present BEYOND ROWING coached by our expert trainer Hallie Young. Enjoy the cardiovascular benefits of rowing (and beyond) in a fun group setting. This 45-minute class goes BEYOND ROWING, working on strengthening the whole body. **JCC Elite Studio**



**Wednesday, March 1st • 7pm-9pm**

**6 Sessions • \$30 members/\$36 nonmembers**

**Israeli Dancing.** First hour beginning level & second hour intermediate level. All are welcome to attend the full two hours! Please NO black marking or hard soled shoes. All levels welcome! Taught by instructor Sara Lowry. **JCC Group Fitness Studio**

**Thursday, March 2nd • 4-4:45pm Ages 5-10**

**4 Sessions Left • \$79 members/\$99 nonmembers**

**Strong Future.** Class started in February but there is still space and 4 weeks left! If registering mid-session, price will be pro-rated to account for missed classes. An invigorating class specifically for kids. JCC trainer Lee will provide a cardiovascular, strength, and fitness training program with an exciting and unique approach! **JCC Gymnasium**

**Friday, March 3rd • 11am-11:50am**

**Ongoing Class Offering • FREE**

**NEW Spin Class with Jim Stewart.** We are adding a NEW Spin class to the Spinning® schedule beginning in March. FREE for members, but don't forget to reserve your spot in class through the JCC app or on our website. **JCC Spin Studio**

**Sunday, March 5th • 12pm-1pm**

**Ongoing Class Offering • FREE**

**NEW Yoga Classes with Annette.** Beginning this week, JCC yoga instructor Annette will add THREE new Vinyasa Flow Yoga classes to our Zen schedule. Classes added Sundays 12-1pm; Mondays 6-7pm; and Wednesdays 6-7pm. **JCC Zen Studio**

**Monday, March 6th • Week-Long Event**

**POOL CLOSURE.** Annual maintenance Monday 3/6 through Saturday 3/12. **JCC Aquatics Complex**

**Tuesday, March 7th • 9:30am-10:15am**

**8 Sessions • \$115 members/\$145 nonmembers**

**Synapse Sticks.** Synapse Sticks provide Movement for Cognitive Improvement and Coordination. This evidence-based movement program is taught by the JCC's Physical Therapist and martial artist, Dr. Julius Somera. Synapse Sticks use a series of progressive, multi-dimensional movement patterns to help stimulate and improve cognitive function. Participants will practice hand-eye coordination skills and drills utilizing double rattan sticks. Learn a new skill set and improve your function while having fun! **JCC Brody Annex**

**Tuesday, March 7th • 4pm-4:45pm**

**3 Sessions • \$60 members/\$70 nonmembers**

**Toddler Art Series.** Join us for an immersive three-session art class where your toddlers will explore texture, color, and play. This unique learning experience places an emphasis on having fun while exploring creativity! Ages 2 to 4. **JCC Art Studio**

**Tuesday, March 7th • 5:30pm-6:30pm**

**6 Sessions • \$85 members/\$99 nonmembers**

**Power & Balance at Any Age.** Life is meant to be lived to its fullest! The JCC's 'Power & Balance at Any Age' will give you the tools to excel in both the activities you love, as well as in everyday tasks. JCC trainer Kathryn Hull will teach you how to train smarter not harder! Studies suggest that power training offers more potential for improving muscle power and performance in older adults than regular strength training. Balance is important at any age: whether you want ski down Sandia Mountain or step into your shoes in the morning! This combination class will keep your brain and body challenged, and it is suited for any fitness level. **JCC Elite Studio**



# March 2023 Calendar of Events

**Wednesday, March 8th • 10:30am-1:00pm**

**Ongoing Weekly Program • FREE**

**Connect 60+ Lunch & Learn: Hamantaschen - Delicious No Matter How It's Filled.** Bring your aprons! Bring your rolling pins! Get your baking on as we prepare for Purim and learn a little about this festive Jewish holiday. **JCC Auditorium**

**Thursday, March 9th • 7:00pm-8:30pm**

**\$10 Ind. Event; \$50 Series w/ 3/15 luncheon;**

**\$40 Series w/o lunch; \$75 ACE Mensch**

**JCC Book Fest & Author Series (Event 1 of 4): Jean**

**Hanff Korelitz | *The Latecomer*.** A *New York Times* Notable Book of 2022; A *Washington Post* Notable Work of Fiction; An *NPR* Best Book of the Year. From the *New York Times* bestselling author of *The Plot*, Jean Hanff Korelitz's *The Latecomer* is a layered and immersive literary novel about three siblings, desperate to escape one another, and the upending of their family by the late arrival of a fourth.

**JCC Auditorium**

**Friday, March 10th • 10am-11am**

**Single Session • \$15 members/\$25 nonmembers**

**Shoulder Pain Workshop.** Do you have shoulder pain when you: Perform physical activities? (Golf, Tennis, Swim, etc.) Raise your arm up? Reach behind your back? Brush your hair? Sleep at night? Reach into the back seat? Get dressed? If so, then you don't want to miss our Shoulder Pain Workshop, taught by Dr. Jules Somera, PT! In this workshop you will learn: Common causes of shoulder pain; Common mistakes people make that keep their shoulder from healing; How your spine function affects your shoulder performance; How an evidence-based approach has been successful in getting patients better.

**JCC Brody Annex**

**Saturday, March 11th • 10am-12pm**

**Single Session • \$20 members/\$35 nonmembers**

**Body Transformation 101.** What does it take to transform your body and your overall health? JCC personal trainer and Precision Nutrition certified coach Tracee Hayden will break down fat loss strategies, what it takes to achieve your goals, the do's and don'ts of dieting, and more. **JCC Brody Annex**

**Sunday, March 12th • 10:30am-12pm**

**One-Time Event • FREE (suggested \$5 donation)**

**Bagels & Jazz: Tracey Whitney & John Funkhouser.**

Stop by to enjoy Tracey & John's soulful, jazzy tunes! Freshly made bagels and coffee/tea will be available for purchase from Rhubarb & Elliott. **JCC Café**

**Sunday, March 12th • 1pm-3:30pm**

**Single Session • \$40 members • \$45 nonmembers**

**Seder Plate Workshop.** Add a personal touch to Passover this year by creating your own Seder Plate! In this 2.5-hour workshop, you will design and create a large Seder Plate (13" in diameter). You will learn different ways to create the Hebrew letters and use clay to illustrate and describe the 6 edible items of the Passover celebration. All skill levels welcome, including parents and children. **JCC Art Studio**

**Sunday, March 12th • 3pm-4:30pm**

**\$10 Ind. Event; \$50 Series w/ 3/15 luncheon;**

**\$40 Series w/o lunch; \$75 ACE Mensch**

**JCC Book Fest & Author Series (Event 2 of 4): Galit Atlas | *Emotional Inheritance: A Therapist, Her Patients, and the Legacy of Trauma*.** *Emotional Inheritance* is about family secrets that keep us from living to our full potential, create gaps between what we want for ourselves and what we are able to have, and haunt us like ghosts. Award-winning psychoanalyst Dr. Galit Atlas draws on her patients' stories—and her own life experiences—to shed light on how generational trauma affects our lives. **JCC Auditorium**

**Monday, March 13th**

**Mondays & Wednesdays • 6pm-7pm**

**12 Sessions • \$145 members/\$165 nonmembers**

**Metabolic Maniacs.** This class will concentrate on Olympic weight lifting and athletic movements modified to ANY fitness level. Workouts will consist of mobility, WODs and HIIT workouts. JCC's L-1 CrossFit certified coach Alexis will help you get strong and fit for the summer and for life! Includes InBody Body Composition Testing (optional). Get ready to sweat! **JCC Elite Studio**



# March 2023 Calendar of Events

**Wednesday, March 15th • 11am-1pm**  
**\$10 Ind. Event; \$50 Series w/ 3/15 luncheon;**  
**\$40 Series w/o lunch; \$75 ACE Mensch**  
**Connect 60+ Lunch & Learn AND JCC Book Fest & Author Series (Event 3 of 4): Letty Cottin Pogrebin | *Shanda: A Memoir of Shame & Secrecy*.** An intimate memoir from a founding editor of *Ms.* magazine who grew up in a Jewish immigrant family mired in secrets, haunted by their dread of shame and stigma, determined to hide their every imperfection—and in denial or despair when they couldn't. The word "shanda" is defined as shame or disgrace in Yiddish.  
**JCC Auditorium**

**Thursday, March 16th**  
**3/16 - 3/17 • 8am-12pm • FREE**  
**J-Zone Special a.m. hours.** J-Zone open as APS will be closed for Conferences. **JCC Brody Lounge**

**Friday, March 17th • 10-11:30am**  
**Single Session • \$40 members/\$40 nonmembers**  
**CPR Certification Class.** Get the American Heart Association and AED certification and learn how to save a life! Course covers adult, child and infant CPR, AED and choking. **JCC Brody Annex**

**Saturday, March 18th • 5pm-8:30pm**  
**Single Session • \$30 members/\$35 nonmembers**  
**Parents' Night Out.** Have your kids join us for gym games, board games, and other fun and engaging activities. Pizza and juice will be served for dinner. The evening will conclude with a movie. Bring a pillow and blanket to get cozy! **JCC Auditorium**

**Sunday, March 19th • 3pm-4:30pm**  
**\$10 Ind. Event; \$50 Series w/ 3/15 luncheon;**  
**\$40 Series w/o lunch; \$75 ACE Mensch**  
**JCC Book Fest & Author Series (Event 4 of 4): Rachel Barenbaum | *Atomic Anna*.** "The novel is masterfully plotted."—*New York Times Book Review*. From the author of *A Bend in the Stars*, an epic adventure as three generations of women work together and travel through time to prevent the Chernobyl disaster and right the wrongs of their past. But simply because you can change the past, does it mean you should?  
**JCC Auditorium**

**Monday, March 20th**  
**3/20 - 3/24 • 8am-12pm • FREE**  
**J-Zone Special a.m. hours.** J-Zone open as APS will be closed for Conferences. **JCC Brody Lounge**

**Monday, March 20th • 9am-4pm**  
**3/20 - 3/24 • \$325 members/\$350 nonmembers**  
**Spring Break Camp.** Kids ages 5-12 will learn about composting, planting, butterflies, and more. Caring and kind camp counselors will ensure that your kiddos have a week full of both learning and fun! Before and/or after care is available from 8-9am and 4-5pm with reservation. **JCC Brody Annex**

**Wednesday, March 22nd • 10:30am-1pm**  
**Ongoing Weekly Program • \$10**  
**Connect 60+ Lunch & Learn: Rabbi Jack Schlachter - Questions and Answers About Passover: More Than Four Questions Allowed.** The most widely observed holiday on the Jewish calendar is Pesach (Passover). The home-based, evening ritual (falling on April 5th and 6th this year) is called a seder (literally "order") and uses a guidebook called a Haggadah (literally "story"). This session will outline the seder components, examine a few of the more interesting haggadot in Rabbi Jack's library, and explore a variety of traditions associated with this festive holiday. **JCC Auditorium**

**Wednesday, March 29th • 9am-1pm**  
**One-Time Event • FREE**  
**Senior Connections Fair.** Hosted by WestWind Productions, this FREE event features vendors with products and services for today's older adults. Connect 60+ Lunch & Learn will meet in the conference room at 10:30am. Lunch for Connect 60+ participants will be held from 12-1pm in the café. **JCC Auditorium**

**Friday, March 31st • 11:30am-12:30pm**  
**One-Time Event • FREE**  
**Connect 60+ Friday @ the J Art Project: DIY Yarn Wall Hanging.** Simple in construction and packs a punch of color and texture! You'll make a completely customized piece, whether your style is minimal, bold, eclectic, or something in between. Supplies will be provided, but feel free to bring your own if you prefer specific textures/colors. RSVP Required! **JCC Art Studio**





# April 2023 Calendar of Events

## Tuesday, April 4th

**Tuesdays & Thursdays • 8:30am-8:55am**

**8 Sessions • \$150 members/\$180 nonmembers**

**Water Women - Session 1.** This class is designed for women with little or no swimming ability. Participants will learn the skills needed to feel safe and comfortable in the water. Additional sessions will be offered beginning 5/2; 6/6; and 7/11.

**JCC Aquatics Complex**

## Tuesday, April 4th

**Tuesdays & Thursdays • 5:30pm-6:30pm**

**12 Sessions • \$149 members/\$199 nonmembers**

**42-Day Shred.** Spring into action and join us for this 6-week body transformation challenge! Our trainers Karen and Hallie will push you to the limit, allowing you to put your endurance to the test and scorch excess fat in the process. With two OUTDOOR workouts each week, body comp. measurements, nutrition accountability, and group camaraderie, this challenge will take your fitness to a new level. This program is open to all ability levels. Try this fun and effective offering for yourself and get SHREDDED!

**JCC Courtyard**

## Wednesday, April 5th • Early Closure @ 5pm

**Erev Passover - 5pm Facility Closure.** The J will close early, at 5:00pm, in observance of Passover.

**JCC Campus**

## Wednesday, April 5th • 6pm-8pm • One-Time Event

**Early Bird (by 3/15): \$36 adult • \$15 child**

**After 3/15: \$40 adult • \$18 child**

**First Night Passover Seder (5783 - 2023).** Join us at the J for a classic Seder meal with wine and a concise Passover service. Food will be served family style; catered by Rhubarb & Elliott. Bring non-perishable food to be donated to Roadrunner Food Bank serving those in need. **JCC Brody Annex**

## Thursday, April 6th • JCC CLOSED

**Passover - FULL FACILITY CLOSURE.** The J will be CLOSED 4/6 in observance of Passover.

**JCC Campus**

## Friday, April 7th

**One-Time Event • 8am-12pm • FREE**

**J-Zone Special a.m. hours.** J-Zone open in the morning as APS will be closed for Vernal Holiday.

**JCC Brody Lounge**

## Monday, April 10th

**One-Time Event • 8am-12pm • FREE**

**J-Zone Special a.m. hours.** J-Zone open in the morning as APS will be closed for in-service.

**JCC Brody Lounge**

## Wednesday, April 12th • 10:30am-1pm

**Ongoing Weekly Program • \$10**

**Connect 60+ Lunch & Learn: Lita: A Survivor's Life in Images - A mixed-media exhibit.** Lena Keslin, Santa Fe-based artist, befriended Lita Blake when she was 90 in 1993. A 14 year friendship ensued during which Lena was able to find out about Lita's life as Jewish woman in Vienna who escaped the Nazi's in 1938 with her husband and brother. The exhibit features original photos & documents that Lita schlepped across the ocean to Brazil, then NY, back to Europe, Florida and finally in Santa Fe. Lena and her husband Mike will be our guests to show and explain the pictures and share the film they made about the exhibit. **JCC Auditorium**

## Saturday, April 15th • 7:30pm-9:30pm

**One-Time Event • \$20 by 4/5; \$25 after 4/5**

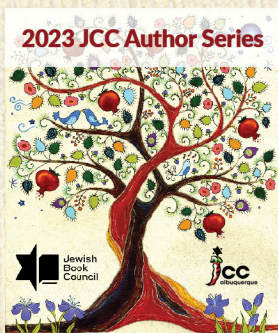
**Amy Faithe: Live in Concert.** Amy Faithe mesmerizes audiences with her powerful, dynamic singing voice and sultry vocal stylings. Her musical influences include Ella Fitzgerald, Judy Garland, Barbara Streisand and Whitney Houston. She's cultivated a style all her own which lives up to her predecessors. Amy takes her audiences on a sensual and soulful musical tour of favorites including Pop, Jazz, Disney and Broadway! She has performed live in Las Vegas, New York City, Nashville and Los Angeles, and has been nominated for several awards. Amy grew up in Albuquerque and has returned to her roots. We are so lucky to have her!

**JCC Auditorium**



# JCC of Greater Albuquerque Presents:

## JCC BOOK FEST & AUTHOR SERIES MARCH 9<sup>th</sup>-19<sup>th</sup>, 2023



### 4 Acclaimed Authors Present the Best in Current Fiction, Non-Fiction & Memoir

All author events will be presented at the JCC. Authors visiting in person will be presented at the JCC only. Authors appearing virtually via Zoom may be accessed from your home or you may attend at the J. Attendance at the J will include a nosh and schmoozing. All author events will be recorded for ticket holders.

#### Jean Hanff Korelitz | *The Latecomer*

Thursday, March 9, 7 pm In-person at the JCC

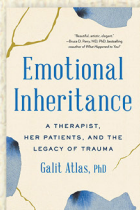


A *New York Times* Notable Book of 2022; A *Washington Post* Notable Work of Fiction  
An NPR Best Book of the Year

From the *New York Times* bestselling author of *The Plot*, Jean Hanff Korelitz's *The Latecomer* is a layered and immersive literary novel about three siblings, desperate to escape one another, and the upending of their family by the late arrival of a fourth.

#### Galit Atlas | *Emotional Inheritance: A Therapist, Her Patients, and the Legacy of Trauma*

Sunday, March 12, 3 pm Virtual at home or in-person at the JCC



*Emotional Inheritance* is about family secrets that keep us from living to our full potential, create gaps between what we want for ourselves and what we are able to have, and haunt us like ghosts. Award-winning psychoanalyst Dr. Galit Atlas draws on her patients' stories—and her own life experiences—to shed light on how generational trauma affects our lives; “intimate, textured, compassionate” (Jon Kabat-Zinn)

#### Letty Cottin Pogrebin | *Shanda: A Memoir of Shame & Secrecy*

Wednesday, March 15, 11 am; Luncheon (in-person only) 12 pm Virtual at home or in-person at the JCC



An intimate memoir from a founding editor of *Ms.* magazine who grew up in a Jewish immigrant family mired in secrets, haunted by their dread of shame and stigma, determined to hide their every imperfection—and in denial or despair when they couldn't. The word “shanda” is defined as shame or disgrace in Yiddish.

#### Rachel Barenbaum | *Atomic Anna*

Sunday, March 19, 3 pm Virtual at home or in-person at the JCC



“The novel is masterfully plotted.”—*New York Times Book Review*. From the author of *A Bend in the Stars*, an epic adventure as three generations of women work together and travel through time to prevent the Chernobyl disaster and right the wrongs of their past. But simply because you can change the past, does it mean you should?

**Tickets: \$10 Individual Events; \$20 Individual Luncheon (3/15 Event)**

**\$50 Series including luncheon; \$40 Series without lunch; \$75 Mensch to support ACE and attend entire series**

**Signed authors' books available to purchase at the JCC**

**For More Info & All Tickets:**  
[jccabq.org](http://jccabq.org), [holdmyticket.com](http://holdmyticket.com)  
or call 505-418-4469



**5520 Wyoming Blvd. NE**  
**Albuquerque, NM 87109**  
[www.jccabq.org](http://www.jccabq.org)





# JCC SUMMER CAMPS

MAY 30  
TO  
AUGUST 4

JCC OF GREATER  
ALBUQUERQUE

5520 Wyoming Blvd. NE  
Albuquerque, NM 87109

REGISTER AT  
JCCABQ.ORG

Call  
505-418-4461  
or visit us in  
person!



## ADAPTIVE swim lessons

Package of 4 Private Lessons  
Members \$125 • NonMembers \$150

Scholarships available for  
Carrie Tingley patients through:



Instructors  
Certified Through:



# WATER WOMEN

Tuesdays and Thursdays 8:30-8:55am

Price/4-week session:

Members \$150 • Nonmembers \$180

Session 1: April 4<sup>th</sup>- April 27<sup>th</sup> • Session 2: May 2<sup>nd</sup>-May 25<sup>th</sup>

Session 3: June 6<sup>th</sup>- June 29<sup>th</sup> • Session 4: July 11<sup>th</sup>- August 3<sup>rd</sup>



# J FORWARD

THE FUTURE STARTS WITH YOU

NO gift is too small! Your donation supports programs, operations, and services for people of all ages, faiths, and nationalities. Your gift will impact people in all ages and stages of life, from children to seniors. Programming is impacted in the areas of Fitness & Wellness; Arts, Culture and Education; Tikkun Olam; Community Garden; FEC daycare & preschool; Summer Camps; Youth & Young Family Engagement and more.

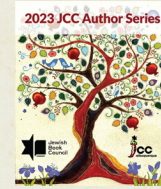
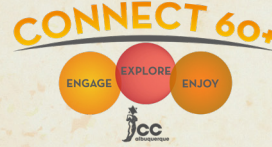
**LIFE & LEGACY**  
Assuring JEWISH TOMORROWS  
A program of the HAROLD GREENSPHON FOUNDATION

Life & Legacy is a program dedicated to ensuring YOUR JCC is here every Day, Every Week, Every Month, Every Year for generations to come. Please contact Emily Blaugrund Fox (505-418-4471 or emilyf@jccabq.org) to discuss how you can become a member of the Life & Legacy program through your estate plan.

Donations can be made directly through our website at [jccabq.org](http://jccabq.org). If you have questions regarding the impact of your gift, or other ways to make a donation, please contact Emily Blaugrund Fox (505-418-4471/emilyf@jccabq.org).



Arts Culture Education  
**ACE** Jewish Community Center  
of Greater Albuquerque



## ENGAGE! BECOME AN ACE SUPPORTER



Enable the J to create new and enhance existing arts, culture and educational programs. Scan the QR code or visit [jccabq.org](http://jccabq.org) to donate now!

## Jewish Care Program JCP

### Serving New Mexico's Jewish Community

The Jewish Care Program is dedicated to the well-being of our most vulnerable community members, moving them from isolation to connection.

The Jewish Care Program (JCP) provides supportive social services to the Jewish and broader community with a focus in Albuquerque to include client care services, referrals to community resources, financial assistance, and spiritual and emotional support.

If you or someone you know needs support, please reach out to the Jewish Care Program at 505-348-4443 or [jend@jccabq.org](mailto:jend@jccabq.org).

# FIRST TIMER

## PERSONAL TRAINING SPECIAL



Three 30-minute sessions  
**ONLY \$85**

\*Regular price \$114

\*offer available to JCC members who are buying personal training for the first time; this is a one-time offer and cannot be combined with any other offer.



# In the Spotlight

Each month we will highlight a couple members of our incredible JCC team. These are the people who are working behind the scenes to make sure the J feels like home.



## Chris Blackwell

### NASM Certified Personal Trainer

I became a personal trainer after retiring from the Marine Corps after 22 yrs of honorable service. Starting in 2005, I trained in a couple local gyms and studios until I ended up at the Stroum JCC on Mercer Island in WA State. After training there for approximately 10 months, I decided to move to New Mexico. The staff in Washington contacted the Albuquerque JCC and helped to set me up with a position here. Since arriving in 2010, I have slowly built my client base, and now train 7-10 clients per day. I also conduct pickleball camps, MMA conditioning courses and Samson Prep classes here at the J. I enjoy interacting with clients, helping them with their personal/fitness goals, and improving their quality of life. I have a cat named Bo Bo, and my personal hobbies are fitness, golf, basketball, pickleball and cooking/grilling.

## Linda Gonzales

### Childcare Attendant - TotSpot



My name is Linda Gonzales I am a native of Albuquerque. I have three daughters and four grandchildren. I enjoy reading, quilting and yearly trips to Disneyland. I am bilingual with Spanish as my first language. I retired in 2020 from a 50 year career in nursing, primarily in pediatrics. I was looking for a part time job and my good friend, Marsha Rivera spoke about JCC being the best place to work. Once I applied and was hired, it was clear what a great team I have to work with. Tot-spot is a big fun adventure every day with all the kids and their parents. I would recommend this job to everyone who wants a great boss and teammates.

