



The Jewish Community Center of Greater Albuquerque

December 2023 Program Guide

Inside this guide you will find all of our fitness and pool schedules, a facility-wide calendar of events, & much more!








WELCOME HOME



Group Fitness Schedule

December 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 Lolli		Full Body Workout Lolli		
8:30am	PowerFlex Rachael	Senior Strength Leanne	Barre Fitness Tracy	Senior Strength Leanne	Lower Body Barre Dawn	Boot Camp Karen (8:15am)	
9:30am	Core Assets Rachael	E.S.P. Leanne	Tabata Core Sara	Full Body Workout Leanne	Step n' Tone Dawn	 ZUMBA Anick	 ZUMBA Sheryl (9:00am)
10:30am	Barre Stretch Dawn	 LaBlast Bri	Barre Stretch Dawn	 LaBlast Dawn	 LaBlast Erica		
11:30am	Fit 2 Move Lisa			Fit 2 Move Lisa			Beginning Israeli Dance* (4:00pm)
4:30pm		Barre Stretch Sherri					
5:30pm	PowerFlex Pattie	Full Body Workout Lolli	Interval Training Karen	Strength & Conditioning Karen			
6:30pm		 LaBlast Erica	Israeli Dance* Sara (7:00)				

Group Fitness Director: Dawn LoGuercio | Contact: 505-418-4473 or 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



Elite Studio Class Schedule

December 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	CROSSFIT* Jamie	OPEN GYM 6-8am	CROSSFIT* Jamie	OPEN GYM 6-8am	CROSSFIT* Jamie		
8:30am				Boot Camp Lolli			
9:00am	JUMP Dawn		JUMP Dawn			OPEN GYM 9am-4pm	JUMP Sara
10:00am		MASTER'S CROSSFIT* Jeff			MASTER'S CROSSFIT* Jeff	CROSSFIT* Staff	
10:30am			Filipino Martial Arts* Jules				OPEN GYM 10:30-4
12 NOON	OPEN GYM 12-4pm	OPEN GYM 12-4pm	OPEN GYM 12-4pm	OPEN GYM 12-4pm	OPEN GYM 12-4pm		
5:00pm	JUMP Debra (4:30)				CROSSFIT* Alexis		
5:30pm	HIIT 30 Leanne	CROSSFIT* Alexis	CROSSFIT* Alexis	CROSSFIT* Alexis			

Group Fitness Director: Dawn LoGuercio | Contact: 505-418-4473 or 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

CLASS SCHEDULE SUBJECT TO CHANGE



Spinning Schedule

December 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.		SPINPower Steve G.		SPINNING Robin			
7:30 a.m.						SPINNING Robin	
8:30 a.m.		SPINPower Rosina		SPINPower Arleen	SPINNING Jim		SPINPower Steve G
9:00 a.m.						SPINNING Debra	
9:30 a.m.	SPINPower Arleen		SPINPower Sherri		SPINPower Steve G		
5:30 p.m.	SPINPower Lolli	SPINNING Debra	SPINPower Pattie				

The Spinning program welcomes participants of all fitness levels. Classes are 50-60 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
 Reserve your spot in class up to 48 hours in advance using the JCC app



Zen Studio Schedule

December 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.		Simply Stretch Sherri	Pilates 101 Daniel	Balance, Core & Strength Sherri	Simply Stretch Sara		
10:30 a.m.	Vinyasa Flow Yoga Misa	Pilates Core & Strength Tracy	Iyengar-style Yoga Mindy	Waist up Sherri	Vinyasa Flow Yoga Kyra	Simply Stretch Cody	Vinyasa Flow Yoga Sara
12:00 noon	Pilates Mat Tracy	Vinyasa Flow Yoga Sara	Pilates Mat Tracy	Vinyasa Flow Yoga Rachael	Pilates Core & Strength Tracy		Vinyasa Flow Yoga Annette
4:00 p.m.					Shabbat Yoga Sara (1 st Friday of every month only)		
6:00 p.m.	Vinyasa Flow Yoga Annette		Vinyasa Flow Yoga Annette				

Group Fitness Director: Dawn LoGuercio | Contact: 505-418-4473 or 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.

You are Invited to Attend an Elegant pre-Hanukkah
Adult Event at the JCC of Greater Albuquerque

LATKA VODKA & more! 2023



December 2, 2023
7:00 – 10:00 pm

Indulge in gourmet latkas prepared
LIVE by Rhubarb & Elliott while sampling
premium liquors and mini craft cocktails

Tickets:

\$75 per person | Must be 21+
Limited Tickets Available

Reservations are required by 11/29.
Scan QR code; visit jccabq.org/latka-vodka
or call 505-418-4469



*All proceeds raised support our JCC Arts, Culture, Education (ACE)
and Connect 60+ programs & services. If you wish to support but are
unable to attend, donations are gratefully accepted.*

The Evening Includes:

- ✧ 6 drink tickets for liquor tastings and mini cocktails
- ✧ For those who prefer, indulge in a mocktail or other non-alcoholic beverages
- ✧ Several varieties of scratch-made latkas
- ✧ Sumptuous toppings and spreads
- ✧ Fresh Salads & Delicious Desserts
- ✧ Listen and dance to the sultry sounds of The Art of Jazz featuring Tracey Whitney
- ✧ Silent Auction: Chances to win a 3 liter bottle of premium Napa Valley Wine; Premium Vodka Basket; and more!
- ✧ SWAG bag filled with fun goodies and samples





December 2023 Calendar of Events

Ongoing Programs

Mondays & Fridays • 9:30am-10:30am
8 sessions • \$120 members/\$140 nonmembers
Hallie's Angels Small Group Training. An ongoing group that meets for training 2x/week. JCC trainer Hallie leads fun and innovative routines to challenge both strength & endurance. **JCC Fitness Center**

Mondays • 12:30pm-1:30pm • FREE
Yarn-aholics. Join us for knitting, crocheting and conversation. Work on your latest project and make new connections. All levels welcome! **NO MEETING 12/25/2023 OR 1/1/2024. JCC Brody Annex**

Tuesdays & Thursdays • 6:30pm-7:30pm
12 sessions • \$149 members/\$169 nonmembers
Bodies by Hallie Small Group Training. An ongoing group that meets for training 2x/week. JCC trainer Hallie leads fun and innovative routines to challenge both strength & endurance. **JCC Elite Studio**

Tues 12:30pm-1:30pm • Thurs 12:30pm-1:30pm
Sat 9am-10am • \$35 (members only)
Pickleball Workshops. Join the JCC's Pickleball Coach, Chris Blackwell, for a 1-hour workshop that covers rules, ball striking, footwork, and strategy. All levels welcome. **JCC Gymnasium**

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

Every Wednesday* • 10:30am-1pm • \$12
***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. **NO PROGRAM 12/27. JCC Auditorium**

Every Thursday • 10am-12:30pm
FREE for members • \$5 nonmembers
Mah Jongg Drop-In Games. Players with experience are welcome. **JCC Café**

3rd Thurs. of Each Month • 1:30pm-2:30pm • FREE
Connect 60+ Coffee, Clergy & Conversations. Engage once a month with local clergy to share lively, meaningful conversations on a variety of topics through a Jewish lens. The series will conclude May 16, 2024 with an all-clergy panel. **JCC Brody Annex**

Every Friday • 10:45am-11:15am • FREE
Connect 60+ Friday at the J - Sit 'n' Fit. Sit 'n' Fit is a 30-minute exercise class in and out of a chair, with exercises focusing on coordination, balance, strength and posture correction. **NO PROGRAM 12/29. JCC Auditorium**

Every Friday • 11:15am-12:30pm • FREE
Connect 60+ Friday @ the J - Game Time. Each week we play a variety of classic and current games that rotate throughout the month. Once a month we enjoy Shabbat with Tots: children from the JCC's Family Enrichment Center Preschool join us in the tradition of Shabbat. Once a month we do an art project in the JCC Art Studio. For specific dates/info, see flyers or contact Jill Patruznick at 505-418-4467 or jillp@jccabq.org. **NO PROGRAM 12/29. 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**

Various Days & Times • FREE
Aviv-ABQ Jew Group for 20s & 30s. A FREE offering for young Jews in their 20s and 30s. If you are looking to socialize and make new friends, all while deepening your connection to Judaism, this group is for you! Call Alyssa Atias at 505-418-4480 for more information. **Locations Vary**

Various Days & Times Available
\$70/mo. members • \$80/mo. nonmembers
Ceramics Lab Open Studio. The JCC studio offers open lab for artists experienced in ceramics. Visit jccabq.org/meeting/ceramics-open-lab/ or call Alyssa Atias at 505-418-4480 for more information. **JCC Art Studio**

Programs by Date

Friday, December 1st

JCC Winter Pool Hours Begin. Winter Pool Hours go into effect today, and will be applicable Dec. 2023 through Feb. 2024. Pool hours are: Mon-Fri 9am-5pm; and Sat-Sun 9am-4pm. **JCC Aquatics Complex**

Saturday, December 2nd • 9am-11am

4 Sessions • \$130 members/\$140 nonmembers

Volleyball Skills Clinic. Transform your skills with our Volleyball Skills Clinic! This program will focus on elevating your skills in areas such as setting, serving, and hitting. Whether you're a seasoned athlete or a beginner, this clinic will help you become the best player you can be! **JCC Gymnasium**

Saturday, December 2nd • 7-10pm

Tickets: \$75 per person

Latka-Vodka & More. Indulge in gourmet latkas prepared LIVE by Rhubarb & Elliott while sampling premium liquors and mini craft cocktails. The evening includes 6 drink tickets for liquor tastings and mini cocktails; Several varieties of scratch-made latkas; Sumptuous toppings and spreads; Fresh Salads & Delicious Desserts; Listen and dance to the sultry sounds of The Art of Jazz featuring Tracey Whitney; Silent Auction featuring chances to win amazing prizes; plus a swag bag filled with fun goodies and samples! **JCC Auditorium**

Wednesday, December 6th • 10:30am-1pm

Ongoing Weekly Program • \$12

Connect 60+ Lunch & Learn: Rabbi Paul Citrin - Israel: Myths, Facts & American Jewry. Rabbi Citrin will present an update not only on the Gaza conflict, but on how Israeli and American Jews are responding. We will look at reasons to be optimistic and positive despite bleak moments of depression and worry. There will be time allotted for questions and discussion. **JCC Auditorium**

Thursday, December 7th • Various Days/Times

9 Day Event • FREE

8 Crazy Workouts. Lets get CRAZY fit! For the 8 nights of Hanukkah, join us for a fitness class once a day

for a chance to WIN A FREE AMAZON GIFT CARD! Here's how it works: You'll have 9 days to complete 8 workouts. Fill up a punch-card with a punch for each workout you complete. Once you've done your 8 workouts, turn in your card to be entered for a chance to win! **JCC Group Fitness Studios**

Friday, December 8th

Happy Hanukkah! We wish all who celebrate a very Happy Hanukkah! This eight-day wintertime "festival of lights" begins today and is celebrated with a nightly menorah lighting, special prayers and fried foods. **The JCC's hours will not be affected by this holiday.**

Friday, December 8th • 11:20am-12:30pm • FREE

Connect 60+ Adult Art Project. Let's get creative! Join us as we create colorful Tissue Paper Stained Glass Vases. **JCC Art Studio**

Saturday, December 9th • 10am-11:30am

Single Session • \$40 members & 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, December 9th • 4:30pm-7:30pm

One-Time Event • \$5 per person

Hanukkah Family Night. Join us for a lively and fun Hannukah Family Night at the J! We will have all the classic festivities of Hannukah including menorah making, dreidel games, and latkes. Kids will receive a mini Hannukah gift bag. **JCC Campus**

Wednesday, December 13th • 10:30am-1pm

Ongoing Weekly Program • \$12

Connect 60+ Lunch & Learn: A Whole Latke Love Hanukkah Celebration. Join us for a festive Hanukkah celebration and scrumptious lunch. Please bring a \$10-\$15 gift (pre-wrapped or in a gift bag) for the White Elephant Gift Exchange. **JCC Auditorium**



December 2023 Calendar of Events

Friday, December 15th • 11:20am-12:30pm • FREE

Connect 60+ Boards & Babes Charcuterie Gathering.

This month's theme: Your favorite charcuterie items!

Who doesn't love a good charcuterie board?

Everyone contributes something to create and enjoy

a smorgasbord of deliciousness. Join us as we gather

for fun, food and laughs. Bring enough to share with

about 10-12 people. RSVP required. **JCC Auditorium**

Sunday, December 17th • 10:30am-11:00am

Third Sunday of every month • FREE

Story Time with Susan. Join the JCC's Susan Minkus

with your little ones for read-alouds from the PJ

Library collection. **JCC Brody Annex Library**

Sunday, December 17th • 10:30am-12pm

One-Time Event • \$10 members & nonmembers

Bagels & Jazz. Hillary Smith closes out the year with

her unmatched rockin' soul vocals accompanied

by the extraordinary John Funkhouser on keys

and multi-talented Glenn Kostur on sax. Not to be

missed! Freshly made bagels & coffee/tea available

for purchase from Rhubarb & Elliott Cafe.

JCC Auditorium

Wednesday, December 20th • 10:30am-1pm

Ongoing Weekly Program • \$12

Connect 60+ Lunch & Learn: Cindy Brown, LBSW -

Tiny Blessings As We Age. Are tiny blessings really

just miniscule bubbles of goodness in our lives or is

there more than meets the eye? Join us as Cindy helps

us explore and understand how some tiny moments

in life can mean so much more. **JCC Auditorium**

Thursday, December 21st • 1:30pm-2:30pm • FREE

Connect 60+ Coffee, Clergy & Conversations.

Engage once a month with local clergy to share lively,

meaningful conversations on a variety of topics

through a Jewish lens. **JCC Brody Annex**

Friday, December 22nd • 8am-12pm • FREE

J-Zone Special A.M. Hours. J-Zone will be OPEN in

the morning over the APS winter break. We are open

weekday mornings on 12/22; 12/26 to 12/29; and

1/2 to 1/5. **JCC Brody Lounge**

Sunday, December 24th

JCC Special Hours. The JCC will be on a modified schedule today, closing at 3pm. The pool will be open 9am-2pm, and TotSpot/J-Zone will be CLOSED for the day. Check our website or the JCC app for group class schedules.

Monday, December 25th

JCC Closed. The JCC will be CLOSED all day. We wish all who celebrate a happy holiday!

Tuesday, December 26th • 9am-4pm

2 Weeks • \$280 members/\$320 nonmembers

Winter Break Animal Adventure Camp. Join us this winter break for an Animal Adventure! We are excited

to offer several presentations from animal experts

and handlers throughout the two-week camp. Kids

will also participate in physical activities, arts & crafts,

gaming & puzzling, and much more! There are only

30 SPOTS AVAILABLE, so sign up today! **Pricing is**

per week. Before and after care is available from

8-9am and 4-5pm with an additional fee; Reservation

required. **JCC Campus**

Sunday, December 31st

JCC Special Hours. The JCC will be on a modified schedule today, closing at 3pm. The pool will close at 2:30pm, and TotSpot/J-Zone will be CLOSED for the day. Check our website or the JCC app for group class schedules.



January 2024 Calendar of Events

Monday, January 1st, 2024

Happy New Year! The JCC will be on a modified schedule today, open from 8am-1pm. The pool will be open 9am-12:30pm, and TotSpot/J-Zone will be open 8am-noon. Check our website or the JCC app for group class schedules.

Wednesday, January 3rd • 10:30am-1pm

Ongoing Weekly Program • \$12

Connect 60+ Lunch & Learn: Deirdre Kann - The Science of Snow.

A snowflake is one of nature's most beautiful and delicate creations, but how do snowflakes form and what are the impacts of widespread snowstorms? This presentation will cover the formation of snowflakes and snow, interesting snow characteristics and myths, and the distribution of snowfall across New Mexico. **JCC Auditorium**

Wednesday, January 10th • 10am-11am

4 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 and energetic group setting. This 45-minute class goes BEYOND ROWING, working on strengthening the whole body. Max 8 participants - register online or in member services today!

JCC Elite Studio

Wednesday, January 10th • 10:30am-1pm

Ongoing Weekly Program • \$12

Connect 60+ Lunch & Learn: Intro to the New Mexico Holocaust Museum.

The New Mexico Holocaust & Intolerance Museum is dedicated to combating hate, intolerance, and indifference by using personal stories of the Holocaust, other genocides, and discrimination of all people to educate and inspire upstanders. Join Raye Cohen, Executive Director, to learn all about its history, purpose, programs, exhibits and future plans.

JCC Auditorium

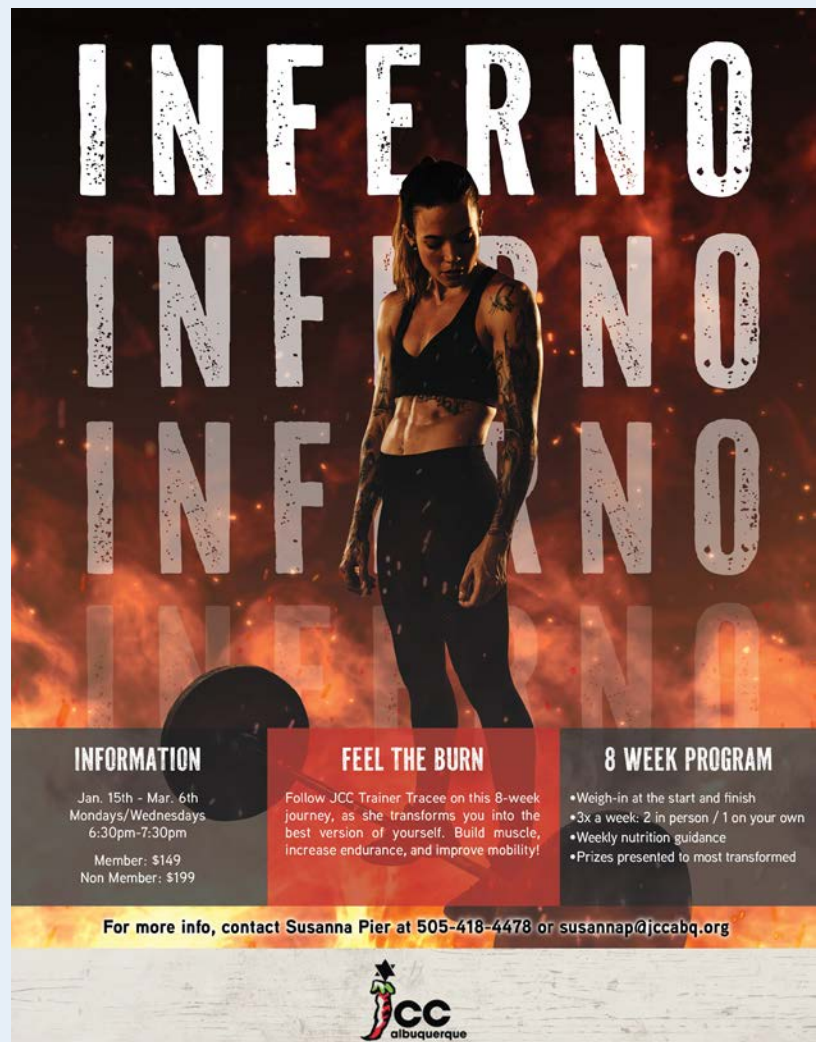
Monday, January 15th

Martin Luther King Jr. Day. Today celebrates the life and legacy of Dr. King, a Baptist minister and prominent leader in the American civil rights movement, who brought hope and healing to America. The JCC's hours will not be affected by this holiday.

Monday, January 15th • 6:30pm-7:30pm

16 Sessions • \$149 members/\$199 nonmembers

INFERNO Body Transformation Challenge. Follow JCC Trainer Tracee on this 8-week journey, as she transforms you into the best version of yourself. Build muscle, increase endurance, and improve mobility! Weigh-in at the start and finish; 3x a week: 2 in person, 1 on your own; Weekly nutrition guidance; Prizes presented to most transformed. **JCC Elite Studio**



INFERNO

INFORMATION

Jan. 15th - Mar. 6th
Mondays/Wednesdays
6:30pm-7:30pm

Member: \$149
Non Member: \$199

FEEL THE BURN

Follow JCC Trainer Tracee on this 8-week journey, as she transforms you into the best version of yourself. Build muscle, increase endurance, and improve mobility!

8 WEEK PROGRAM

- Weigh-in at the start and finish
- 3x a week: 2 in person / 1 on your own
- Weekly nutrition guidance
- Prizes presented to most transformed

For more info, contact Susanna Pier at 505-418-4478 or susannap@jccabq.org

JCC
albuquerque



VOLLEYBALL SKILLS CLINIC

4-Week Clinic

DATE: Dec 2nd, 9th, 16th and 30th

TIME: 9am - 11am

Member-\$130
Non-Member- \$140

Transform your skills with our Volleyball Skills Clinic! This program will focus on elevating your skills in areas such as setting, serving, and hitting. Whether you're a seasoned athlete or a beginner, this clinic will help you become the best player you can be!

Register online at jccabq.org or visit member services.

For more info, contact Athletics Director, Ken Lewis at 505-418-4468 or kenl@jccabq.org



8 Crazy Workouts



Take a group class every day during Hanukkah for a chance to win an Amazon Gift Card

December 7th - 15th
See Back For Class Options

Lets get CRAZY fit! For the 8 nights of Hanukkah, join us for a fitness class once a day for a chance to **WIN A FREE AMAZON GIFT CARD!** Here's how it works:

In each of our studios, you'll find punch cards specifically for this event. You'll have **9 days** to complete **8 workouts**. After each workout your instructor will initial your punch card to show that you've completed the workout. You are allowed **ONE** punch per day on your card. Once you've done your 8 workouts, give your punch card to Dawn or drop it off at membership to be entered for a chance to win a **FREE AMAZON GIFT CARD**.

For more info, contact Dawn LoGuercio at 505-418-4473 or dawnl@jccabq.org



CPR Certification Class

Saturday, December 9th
10am-12pm

Cost: \$40 | Limited spots available!

Get the American Heart Association CPR and AED certification and learn how to save a life! The course will cover adult, child & infant CPR, AED and choking.

Register online or through member services.
Contact: Dawn LoGuercio, 505-418-4473, dawnl@jccabq.org



HANUKKAH FAMILY NIGHT

\$5 PER PERSON

DECEMBER 9TH
4:30-7PM

Join us for a lively and fun Hannukah Family Night at the J. We will have all the classic festivities of Hannukah including menorah making, dreidel games, and latkes!! Kids will receive a mini Hannukah gift bag.

Register online at jccabq.org or contact Youth and Family Director, Alyss Atias at 505-418-4480 or alysaa@jccabq.org



STORY TIME WITH SUSAN

The Third Sunday of Each Month Starting Aug. 20th

10:30am in the J's Brody Annex Library

This month's story time: 12/17

Featuring books from



To make a reservation or for questions, please contact
Alyssa Atias at 505-418-4480 or alyssaa@jccabq.org



Bagels & Jazz at the



Hillary Smith Trio

Sunday, Dec. 17th • 10:30 to Noon

Tickets: \$10 at jccabq.org or in member services



Hillary Smith closes out the year with her unmatched rockin' soul vocals accompanied by the extraordinary John Funkhouser on keys and multi-talented Glenn Kostur on sax. Not to be missed!

Freshly made bagels and coffee/tea will be available for purchase from Rhubarb & Elliott JCC Cafe.



WINTER ANIMAL ADVENTURE CAMP



Week 1: 12/26 - 12/29 • Week 2: 1/2 - 1/5

Open to ages 5-12 • 9am-4pm, before and after care available

Member: \$280/per week • Non-Member: \$320/per week

*No sibling discount

Join us this winter break for an Animal Adventure! We are excited to offer several presentations from animal experts and handlers throughout the two-week camp. Kids will also participate in physical activities, arts & crafts, gaming & puzzling, and much more! There are only **30 SPOTS AVAILABLE**, so sign up today!

Register at jccabq.org, visit member services, or contact Youth Engagement Coordinator, Susan Minkus at 505-418-4455 or susanm@jccabq.org



BEYOND ROWING

Wednesdays 10-11am 1/10 - 1/31

\$99 Members • \$125 Non-members

The JCC is proud to present BEYOND ROWING! This program is coached by our expert trainer Hallie Young on Wednesday mornings in our Elite Studio. Enjoy the cardiovascular benefits of rowing (and beyond) in a fun and energetic group setting. This 45-minute class goes BEYOND ROWING, working on strengthening the whole body. Max 8 participants - register online or in member services today!

Contact: Susanna Pier, 505-418-4478 or susannap@jccabq.org





8.3 Acres and Beyond

Every Day. Every Week. Every Month. Every Year.

Your gift *benefits Children, Families, Adults, Retired Seniors, All Nationalities, All Religions, All Shapes, Sizes, and Abilities.*

Your gift is critical to maintaining creative programs available to every person who walks in our door; each with rich, beautiful, impactful stories and experiences.



Donate Now!

Your gift is critical to 11 different departments that ensure we create and maintain a place for people to come together, support the community, learn, make new friends, feel respected, safe, nurtured, and stronger in every way.

Join us NOW to reach our match of \$57,500 by December 31, 2023!



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.

Please return the enclosed mailer with your gift to the JCC. Give online by scanning the QR code above or visit jccabq.org/donate. Donations can be made via phone at 505-418-4471.



10-class Punch Card - \$100

**Valid for any classes held in
November and December 2023.
Expires 12/31/23.**

**Add CrossFit to your JCC membership*
for additional \$75 per month charge.**

*Must be a JCC member to join CrossFit 5520

Nov./Dec. 2023 CrossFit Schedule

Mondays: 6am

Tuesdays: 10am*; 5:30pm

Wednesdays: 6am; 5:30pm

Thursdays: 5:30pm

Fridays: 6am; 10am*; 5pm

Saturdays: 10am

*Master's classes: Designed for beginners,
injured athletes and older adults

**Scan to visit our
website for more
information!**



Visit the membership office to purchase a punch card or join now!

POOL

WINTER HOURS

from

Dec. 2023 - Feb. 2024

Monday-Friday

9:00am-5:00pm

Saturday-Sunday

9:00am-4:00pm

Please note that the pool is still subject to close when weather conditions are dangerous and/or visibility is low (strong winds, heavy snow, etc.)

We look forward to a wonderful winter season with you!



Ronald Gardenswarz Jewish Community Center Max and Ruth Pollack Aquatic Complex Schedule December 1st - February 29th Competition Pool

Sunday 9am-4:00pm	Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm	Saturday 9am-4pm
Lap Swim 9am-4pm	Lap Swim 9am-5pm	Lap Swim 9am-5pm	Lap Swim 9am-5pm	Lap Swim 9am-5pm	Lap Swim 9am-5pm	Lap Swim 9am-4pm
	Swim Team Practice 4pm-5pm (2 lanes available)	Swim Team Practice 4pm-5pm (2 lanes available)	Swim Team Practice 4pm-5pm (2 lanes available)	Swim Team Practice 4pm-5pm (2 lanes available)	Swim Team Practice 4pm-5pm (2 lanes available)	
Please note that the pool is still subject to close when weather conditions are dangerous and/or visibility is low (strong winds, heavy snow, etc.) We look forward to a wonderful winter season with you!						

Therapy Pool Schedule						
Sunday 9am-4:00pm	Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm	Saturday 9am-4pm
Adult Open Swim 9am-4pm	Adult Open Swim 9am-5pm	Adult Open Swim 9am-5pm	Adult Open Swim 9am-5pm	Adult Open Swim 9am-5pm	Adult Open Swim 9am-5pm	Adult Open Swim 9am-4pm
Learn-To-Swim at the JCC! For more information about our swim lessons go to www.jccabq.org or email aquatics@jccabq.org						



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; Jewish Care Program (JCP); Tikkun Olam; Community Garden; FEC daycare & preschool; Summer Camps; Youth & Young Family Engagement and more.



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. 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).

Jewish Care Program JCP

Serving New Mexico's Jewish Community

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

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 JCP at 505-348-4443 or jend@jccabq.org.



Enable the J to continue to provide JCP's services to all who need them. Scan the QR code or visit jccabq.org to donate now!

Engage By Giving



The ACE Department offers our community unparalleled and compelling programs, classes, and events which inform, educate, entertain, and inspire. ACE is passionate about enriching the general and Jewish community by consistently offering high-quality, robust programming. ACE provides financial assistance on a weekly basis to those in need. Registration fees and ticket prices simply do not cover all expenses!

This is where YOU come in! 100% of your donation supports ACE programming. By becoming an ACE Supporter, you enable the JCC to enhance existing ACE programs and provide new ones for Albuquerque and nearby communities.

YES! I want to support ACE programming

LEVEL	AMOUNT	# TICKETS
Diamond	\$2500+	12
Platinum	\$1000+	8
Gold	\$500+	4
Silver	\$250+	2
Pearl	\$100+	1



*Tickets can be used to attend any ACE event per year (excluding meals)

Scan QR code or visit jccabq.org to donate.



JULY 1, 2022 - JULY 31, 2023 ACE DONORS

Lynn Asbury • Charles Callahan • McKinnon Carroll • Shelly & Bruce Cherrin • Doris Duhigg • Toby Fedoravicius • Linda & Marty Fisher • Jennie Negin & Harold Folley • Miriam Friedman • Alan Glassman • Sandy Gold • Betty & Keith Harvie • Penny & Gary Hoe • Shelley & Herb Koffler • Robert Lewis • Marcia Lubar • Nina Menegus • Barry & Sharon Moskowitz • Alice Redmond & George Neal • Lynne & Jerome Pfeffer • Shelly & Gary Prant • Karen Raff • Russ & Jane Resnik • Barbara Saville • Toby & Elisa Simon • George & Vivian Skadron • Vicki Meredith & Jim Stewart • Karen & Ron Taylor • Lois Tigay • Judy & Peter Weinreb • Peggy Werbner • Ellen Light & Marc Wunder • Linda Zipp • Evelyn Zlotkin • The Edwin S. Soforenko Trust • Jewish Community Foundation of NM

YOUR GIFTS MAKE AN IMPORTANT DIFFERENCE!

Phyllis Wolf, Chief Program Officer
phyllisw@jccabq.org, 505-418-4469

Jill Patruznick, Cultural Department Coordinator
jillp@jccabq.org, 505-418-4467



BRING THEM HOME.



The JCC stands with Israel and supports Israel's right to protect itself and its citizens from Hamas terrorism. Hamas must release all the hostages it kidnapped from Israel without condition.

