



The Ronald Gardenswartz Jewish Community Center

March 2024 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

March 2024

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 B	Full Body Workout Leanne	Step n' Tone Dawn	ZUMBA fitness Anick	ZUMBA fitness 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			
4:30pm		Barre Stretch Sherri					
5:30pm	PowerFlex Pattie	Full Body Workout Lolli	Interval Training Karen	Strength & Conditioning Karen			
6:30pm		LaBlast Erica	ZUMBA fitness Anick	Ballroom Dance* (7pm)			

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

March 2024

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		OLYMPIC WEIGHT LIFTING* Alexis 8-9:30am	
9:00am	JUMP Dawn		JUMP Dawn				JUMP Sara
10:00am			WE'VE GOT YOUR BACK* Jules		MASTER'S CROSSFIT* Jeff	CROSSFIT* Alexis	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	OPEN GYM 12-4	
4:30pm	JUMP Debra	J-FIT Liz			CROSSFIT* Ryan (5pm)		
5:30pm	HIIT 30 Leanne	CROSSFIT* Ryan	CROSSFIT* Alexis	CROSSFIT* Alexis			
6:30pm							

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

March 2024

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 (8:15)		SPINPower Steve G
9:00 a.m.						SPINNING Debra	
9:30 a.m.	SPINPower Arleen		SPINPower Sherri		SPINPower Steve		
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

March 2024

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 B		
10:30 a.m.	Vinyasa Flow Yoga Ryan	Pilates Core & Strength Tracy	Iyengar-style Yoga Mindy	Waist up Sherri	Vinyasa Flow Yoga Kyra	Simply Stretch Cody	Vinyasa Flow Yoga Sara U
12:00 noon	Pilates Mat Tracy	Vinyasa Flow Yoga Sara U	Pilates Mat Tracy	Vinyasa Flow Yoga Rachael	Pilates Core & Strength Tracy		Vinyasa Flow Yoga Annette
4:00 p.m.					Shabbat Yoga Sarah (1 st Friday of every month only)		
5:30 p.m.		NEW!!! Waist Up Dawn		NEW!!! All T.H.A.T. Dawn			
6:00 p.m.	Vinyasa Flow Yoga Annette		Vinyasa Flow Yoga Annette				
6:30 p.m.		NEW!!! Simply Stretch Cody		NEW!!! Simply Stretch Ryan			



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-Style Yoga: Build strength/patience through 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.



March 2024 Calendar of Events

Ongoing Programs

Mondays & Thursdays • 10am-12:30pm

FREE for members • \$5 nonmembers

Mah Jongg Drop-In Games. Players with experience are welcome. **JCC Café**

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! **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**

Tu/Th 10am-12pm; Wed (Women) 1-3pm;

Sat 11am-1pm • FREE (members only)

Open Pickleball. Calling all pickleball fanatics! Come and enjoy this fast-paced and FUN game, pick-up-style. No instruction is provided; 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. **JCC Auditorium**

Every Thursday • 9:30am-10:30am

6 sessions • \$99 members/\$120 nonmembers

Female Functional Core. Empower your core with our exclusive women's class! Focuses on strengthening the hips, glutes, lower back and abdominal/pelvic muscles. Guided by our experienced instructor, you'll engage in

specific exercises consisting of floor, body weight, and some resistance bands and weights. **JCC Fitness Center**

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+ - 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. **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. Occasionally we enjoy an art project in the JCC Art Studio; or Shabbat with Tots: children from the Family Enrichment Center Preschool join us in the tradition of Shabbat. **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-30s. Looking to socialize and make new friends, 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**

Various Days/Times Available • \$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**



Programs by Date

Saturday, March 2nd • 8am-9:30am

6 Sessions • \$99 members/\$129 nonmembers

Olympic Weightlifting. Join Coach Alexis Cintron for Olympic Weightlifting! Improve functional movement and athletic performance while having a good time. Professional athletes in sports such as Football, Basketball, Wrestling and more use weight lifting to elevate their speed and power - Come join the fun! Max 10 participants. **JCC Elite Studio**

Saturday, March 2nd • 5pm-8pm

One-Time Event • \$40 Members/\$50 Nonmembers

Parents' Night Out. Bring your little ones to the JCC and enjoy a night out on town! Kids will engage in fun, creative activities, physical activity, and some quiet/movie time. Pizza and drinks will be served for dinner. **JCC Campus**

Sunday, March 3rd • 9am-5pm • One-Time Event

\$199 Early Bird/\$249 Within Two Weeks

LaBlast Instructor Training. Become a certified LaBlast Instructor and embark on a journey to inspire others through the joy of movement! **JCC Brody Annex**

Monday, March 4th • 5:30pm-7:45pm

8 Sessions • \$250 members/\$300 nonmembers

Intro to Ceramics. Join seasoned potters Alex Carter and Carlos Condit for an all-encompassing Intro to Ceramics course. This class will cover the basics of throwing on the wheel and some hand building techniques. Students will learn to make fun, functional pieces that display their creativity. **JCC Art Studio**

Tuesday, March 5th • 5:30pm-6:30pm

6 Sessions • \$250 members/\$300 nonmembers

Beginner Guitar. Learn from one of Albuquerque's most talented Instructors, Liz Tafoya. Students can expect to work on cords, simple songs and melodies, sight reading, and theory. GUITAR NOT PROVIDED. **JCC Brody Annex**

Wednesday, March 6th • 10:30am-1pm

Ongoing Weekly Program • \$12

Connect 60+ Lunch & Learn: Cindy Brown, LBSW: Managing Risks for Seniors - Things You Don't Want To Talk About. Cindy Will have an in-depth discussion about the hard things we need to address and how to take initiative to manage risk. **JCC Auditorium**

Thursday, March 7th • 7pm-8pm • 6 Sessions

Singles: \$75 members/\$100 nonmembers

Couples: \$125 members/\$150 nonmembers

Ballroom Dance Lessons. Learn traditional dances that are still used today. Allow yourself to connect with your current partner, or learn with someone new! Not only will we be learning basic steps for traditional ballroom dancing, but the true style, technique, and finesse of these dances will be explored. Styles may include Foxtrot, Tango, and Waltz. Taught by instructors from our friends at CSP Dance Studio, this class is sure to get you gliding across the floor! Partners not required. **JCC Group Studio**

Friday, March 8th • 4:30pm-5:30pm

Single Session • FREE for members

International Women's Day Dance Party. Join us for a special themed dance class in celebration of International Women's Day! All are welcome to enjoy this inspiring and upbeat event. **JCC Auditorium**

Saturday, March 9th • 10am-12pm

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, March 9th • 7:30pm-9:30pm

One-Time Event • \$20 Members/\$25 Nonmembers

Hillary Smith with The Chill House Band. With a deep soulfulness and classically trained vocal instrument, vocalist Hillary Smith has been electrifying audiences across the US for more than 30 years. The members of the Chill House Band bring years of experience performing professionally in New Mexico. The band consists of keyboards, sax, guitar, bass, and drums, which back Hillary Smith's phenomenal vocals. Together they present the best of popular dance music, smooth/contemporary jazz, soul, R&B, and blues. Get ready to jump out of your seat and onto the dance floor to shake your hips and get your boogie on! There will be plenty of seating for those who'd rather listen, sing, tap your feet and clap along to songs you know and love. This is a 21+ event. Wine, beer & snacks included in ticket price. **JCC Auditorium**

Sunday, March 10th

Daylight Savings Time Begins. Don't forget to spring those clocks forward - we get an extra hour of daylight beginning today!





March 2024 Calendar of Events

Wednesday, March 13th • 10:30am-1pm
Ongoing Weekly Program • \$12

Connect 60+ Lunch & Learn: The Legacy Of The Wisecrack with Eddie Tafoya. Eddie will talk about how comedy, starting with Lenny Bruce and later with comedians like George Carlin, used rhetoric to sharply lament and challenge society's sins, shortcomings and ills. **JCC Auditorium**

Sunday, March 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, March 17th • 10:30am-12pm
One-Time Event • \$20 members/\$25 nonmembers
Benji Lovitt: Israeli Humor - Is it OK to Laugh? The JCC is thrilled to bring you this exclusive live appearance by Benji Lovitt, American-Israeli Comedian/Author! Visiting from Israel, in his brand new presentation, Benji will explore Israeli resilience through the power of comedy, especially during dark times. Through comedy video clips, social media images, and interviews with Israeli comedians, you will gain insight into how Israelis have coped with the traumas of Oct. 7th through humor. **JCC Auditorium**

Sunday, March 17th • 1pm-2pm
One-Time Event • FREE for members
Plant Communication with Master Gardener Barbara Shapiro. Plant communication: what it is and why does it matter in gardening? Barbara Shapiro is a retired lawyer and has been a master gardener for 23 years. "I'm a plant-a-holic and love to try out new plants and garden with an attention to organic methods and environmental concerns like water conservation." **JCC Community Garden**

Wednesday, March 20th • 10am-10:45am
6 Sessions • \$125 members/\$140 nonmembers
Beyond Rowing. Go BEYOND ROWING. Join JCC Expert Trainer, Hallie Young, for an energetic and fun class that strengthens the whole body. 9 SPOTS. **JCC Elite Studio**

Wednesday, March 20th • 10:30am-1pm
Ongoing Weekly Program • \$12
Connect 60+ Lunch & Learn: Hamantaschen - Delicious No Matter How It's Filled. Bring your aprons, rolling pins and to go containers and bake your own fresh-made hamantaschen! We'll learn a little about this tasty treat and the meaning behind Purim. **JCC Auditorium**

Thursday, March 21st • 11am-12pm
6 Sessions • \$25 members & nonmembers
J-Mom New Mothers Group. J Moms is 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. Join this fun group and find the support and connection you have been looking for! **JCC Brody Annex**

Thursday, March 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. The series will conclude May 16, 2024 with an all-clergy panel. **JCC Brody Annex**

Saturday, March 23rd • 4:30pm-6pm
One-Time Event • \$5 per person/Kids under 5 FREE
Purim Pizza Party. Please join us for a family Purim Party with pizza, crafts, games, music, and of course, hamantaschen! **JCC Auditorium**

Sunday, March 24th
Happy Purim! Purim is one of the most joyous and fun holidays on the Jewish calendar. Celebrations include dressing up in costume, and enjoying traditional foods such as hamantaschen, delicious 3-cornered pastries filled with a variety of sweet and savory options. **The JCC's hours will not be affected by this observance.**

Monday, March 25th • 9am-5pm • Two Weeks
\$350 members/\$400 nonmembers (per week cost)
Spring Break Camp. Join our exciting two-week Spring Break Camp for a perfect blend of creativity and adventure! Dive into arts and crafts projects, exciting physical activities, and enjoy endless fun! **JCC Campus**

Wednesday, March 27th • 10:30am-1pm
Ongoing Weekly Program • \$12
Connect 60+ Lunch & Learn: Documentary Film - I Am Here. A life-affirming documentary that celebrates the remarkable life of 98-year-old Ella Blumenthal. Her magnetic personality makes her past even more surprising. Follow this spirited South African Holocaust survivor as she reveals her astonishing life journey and unwavering appreciation of life. A universal message of resilience - as Ella is the epitome of the will to survive. This film could not be more relevant in a world that still defines itself by what is other. **JCC Auditorium**



March/April 2024 Calendar of Events

Sunday, March 31st

JCC Abbreviated Hours. Open today from 8am-1pm. Pool hours 8:30am to 12:30pm. J-Zone and TotSpot CLOSED. See website or app for group fitness schedules.

Tuesday, April 2nd • 9am-5pm • 4 Sessions

\$165 members & nonmembers (CPR Mask Included)

Lifeguarding Certification Course. Pass the course and get an interview for a lifeguarding position at the JCC! After this 4-day intensive training course, passing students will receive their official American Red Cross Lifeguarding Certification. Students must pass a prerequisite swim test and be 15+ years of age. **JCC Aquatics Complex**

Wednesday, April 3rd • 10:30am-1pm

Ongoing Weekly Program • \$12

Connect 60+ Lunch & Learn: Deirdre Kann - Shifts of Weather Due to Climate Change. Global climate change, notably in the form of rising temperatures, has been well documented and successfully modeled. How are shifts in weather patterns and weather extremes related to these observed climate changes? During this presentation Deirdre will explore changes in our weather including seasonal temperatures, temperature ranges, heat waves, and heavy precipitation events using both scientific studies and recent observations. **JCC Auditorium**

Sunday, April 7th • 6 Sessions

Pre-Dance - 1pm-1:14pm • Dance I - 2pm-2:45pm

\$75 members/\$100 nonmembers

Children's Dance. Our dance program is designed for each child to focus on building their confidence and development through movement. Through technique, a variety of genres, and a whole lot of fun, students in this program will learn spatial orientation, tempo, and rhythm. Within this program, they are learning to use movement within their body through dance, while acquiring fundamental practices that they will use in their everyday life. **JCC Group Studio**

Sunday, April 7th • 2pm-4pm

Author Event • FREE for members/\$5 nonmembers

Judith Fein: Slow Travel New Mexico. Join award-winning travel journalists and Santa Fe residents Judith Fein and Paul Ross in presenting their latest book, the ground-breaking *Slow Travel New Mexico*. They crisscross New Mexico, finding unforgettable adventures readers can personally experience such as painting with an abstract artist on the Navajo Reservation, visiting a wolf refuge, cruising in a lowrider, hiking in a volcano, gourmet dining at Zuni Pueblo, seeing a ghost, tracking the true Billy the Kid . . . and so much more. **JCC Auditorium**

Tuesday, April 9th • 6pm-7pm • 12 Sessions

\$149 members/\$199 nonmembers

42-Day Shred. Get SHREDDED! Take charge of your health and fitness and join us for this 6-week body transformation challenge! Our trainer 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! **JCC Courtyard**

Wednesday, April 10th • 10:30am-1pm

Ongoing Weekly Program • \$12

Connect 60+ Lunch & Learn: Rabbi Lerner: Harnessing Hope In Our Everyday Lives. In challenging times and sometimes even in the good times having, feeling, or connecting with hope can be elusive. Join Rabbi Lerner as we explore finding hope, building our hope muscle, or simply recognizing hope when it perches. **JCC Auditorium**

Thursday, April 11th • 10am-12pm • 4 Sessions

\$75 members/\$90 nonmembers

Mah Jongg for Beginners. Start from scratch, learn from experienced players, start playing! Four class sessions team-taught by experienced instructors will teach you all you need to know to begin enjoying this popular game! Mah Jongg (or Mahj, as it is often called) is a fascinating, rummy-like game played with tiles rather than cards. Mahj is enjoying a resurgence in popularity, with millions of dedicated players around the world. A very small amount of time and effort is required to become familiar with the elementary principles of the game. Your patience in mastering the fine points of Mah Jongg will be repaid many times by the fun and camaraderie you'll enjoy from the game. Class fee includes \$15 National Mah Jongg League card needed to play. **JCC Brody Annex**



OLYMPIC LIFTING

Join Coach Alexis Cintron for Olympic Weightlifting! Improve functional movement and athletic performance while having a good time! Professional athletes in sports such as Football, Basketball, Wrestling and more, use weight lifting to elevate their speed and power! Come join the fun!

Max 10 participants*

MAR. 2ND - APR. 6TH
SATURDAYS • 8-9:30A

MEMBERS: \$99
NON-MEMBERS: \$129

Register at jccabq.org or visit member services.

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



parents' night out

March 2nd • 5:00-8:00pm

Member: \$40 • Non-member: \$50

5-12 year olds • 20 spots available

*** Please bring:**

- Water Bottle - Pillow & Blanket

*** Pizza & Drink served for dinner**

*** Activities include crafts, games, physical activity & quiet/movie time**

Register at jccabq.org or visit member services. Must register and pay in advance; no refunds. For more info, contact Susan Minkus at 505-418-4455 or susanm@jccabq.org



BEGINNERS GUITAR



Tuesdays • 03/05-04/09 • 5:30-6:30pm

Member: \$250 • Non-member: \$300

Enter the world of music with the JCC's Beginners Guitar Class! Learn from one of Albuquerque's most talented Instructors, Liz Tafoya. Students can expect to work on cords, simple songs and melodies, sight reading, and theory.

GUITAR NOT PROVIDED



Liz Tafoya is an accomplished musician who's developed a great understanding of music theory and performance with over 20 years of experience. In recent years, Liz has been teaching guitar lessons, designed to help students develop a strong foundation in guitar playing, with an emphasis on building good habits and learning at a pace that suits their learning style.

Register online at jccabq.org or visit member services. For More Info, contact Alyssa Atias at 505-418-4480 or alysaa@jccabq.org



INTRODUCTION TO CERAMICS

ONLY 7 SPOTS AVAILABLE

Mondays, 5:30-7:45pm • 03/04 - 04/29 (No class on 04/22)

Member: \$250 • Non-member: \$300

Join seasoned potters Alex Carter and Carlos Condit for an all-encompassing Intro to Ceramics course. This 8-week class will cover the basics of throwing on the wheel and some hand building techniques. Students will learn to make fun, functional pieces that display their creativity.

Register online at jccabq.org or visit member services.

For more info, contact Alyssa Atias at 505-418-4480 or alysaa@jccabq.org



BALLROOM DANCE LESSONS

MAR. 7 - APR. 11
THURSDAYS @ 7PM

MEMBERS:
\$75/SINGLE
\$125/COUPLE

NON-MEMBERS:
\$100/SINGLE
\$150/COUPLE

Learn some traditional dances that are still used today. Allow yourself to connect with your current partner, or learn with someone new! Not only will we be learning basic steps for traditional ballroom dancing, but the true style, technique, and finesse of these dances will be explored. Styles may include Foxtrot, Tango, and Waltz. Taught by instructors from our friends at CSP Dance Studio, this class is sure to get you gliding across the floor. Partners not required

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



CELEBRATE INTERNATIONAL WOMEN'S DAY

FRIDAY • MAR. 8 • 4:30PM

FREE EVENT • JCC AUDITORIUM

Celebrate the empowerment of women through our special themed dance class in honor of **International Women's Day**! Everyone is welcome to participate and embrace the joy of movement.

Come celebrate with us!

Register online at jccabq.org or visit member services.
For more info, contact Dawn LoGuercio at 505-418-4473 or dawnl@jccabq.org



**SHAKE OFF YOUR WINTER BLUES
WITH A CONCERT AND DANCE PARTY!**

Hillary Smith
WITH THE CHILL HOUSE BAND

**Saturday, March 9
7:30 - 9:30 pm**

Tickets:
\$20 - JCC members
\$25 - non-members

- Must be 21 +
- Wine, beer & snacks included in ticket price

With a deep soulfulness and classically trained vocal instrument, vocalist Hillary Smith has been electrifying audiences across the US for more than 30 years. The members of the Chill House Band bring years of experience performing professionally in New Mexico. The band consists of keyboards, sax, guitar, bass, and drums, which back Hillary Smith's phenomenal vocals. Together they present the best of popular dance music, smooth/contemporary jazz, soul, R&B, and blues.

Get ready to jump out of your seat and onto the dance floor to shake your hips and get your boogie on! There will be plenty of seating for those who'd rather listen, sing, tap your feet and clap along to songs you know and love.

For More Info & to Purchase Tickets: jccabq.org/hillary-chill-house-concert



The Ronald Gardenswartz Jewish Community Center is Proud to Present:

Benji Lovitt

Israeli Humor - Is It Okay to Laugh?

**Sunday, 3/17 10:30am-Noon
In-Person at the JCC!**



The JCC is thrilled to bring you this exclusive live appearance by Benji Lovitt, American-Israeli Comedian/Author! Visiting from Israel, in his brand new presentation, Benji will explore Israeli resilience through the power of comedy, especially during dark times. Jews have historically laughed to keep from crying. Through comedy video clips, social media images, and interviews with Israeli comedians, you will gain insight into how Israelis have coped with the traumas of October 7th through humor.

ABOUT BENJI: Since making Aliyah in 2006, comedian and author Benji Lovitt has performed for audiences around the world. He's been featured on Israeli TV, USA Today, Time Magazine, BBC Radio, The Atlantic. His latest book *Israel 201: Your Next-Level Guide to the Magic, Mystery, and Chaos of Life in the Holy Land* will be available for sale & signing.

Ticket includes: Assorted bagels & schmears, mimosas and coffee/tea.

**\$20 JCC Members
\$25 Non-Members**

Tickets can be purchased in Member Services or online at jccabq.org/meeting/benji-lovitt

Jewish Community
Relations Coalition/
New Mexico



Life & Legacy and
Jewish Community
Foundation of NM

BEYOND ROWING

6 WEEKS

WEDNESDAYS

Member:
\$125
Non-member:
\$140

03/20 - 04/24
10-10:45a

Go **BEYOND ROWING** in this class that involves workouts that strengthen the whole body. Join JCC Expert Trainer, Hallie Young, for an energetic and fun class.
ONLY 9 SPOTS AVAILABLE.

Register online at jccabq.org or visit member services.
For more info, contact Susanna Pier at 505-418-4478 or susannap@jccabq.org



New Mothers Group



Spring Session Meets Weekly Starting 3/21

6 Weeks ♦ Thursdays 11am - 12pm

\$25 ♦ JCC Brody Annex Library

J Moms is 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. Join this fun group and find the support and connection you have been looking for!

Register at www.jccabq.org or in member services. Questions? Contact Alyssa Atias, Youth & Family Engagement Director at 505-418-4480, alysaa@jccabq.org.



Purim PIZZA PARTY



Saturday, March 23rd • 4:30-6:00pm

\$5 per person | Kids under 5 FREE



Please join us for a family Purim Party with pizza, crafts, games, music, and of course, hamantaschen!

Register online at jccabq.org or visit member services.
For more info, contact Alyssa Aiatas at 505-418-4480 or alysaa@jccabq.org.



DIVE INTO SAFETY!



American
Red Cross

**Lifeguard
Certification**

Pass the course and get an interview for a lifeguarding position at the JCC! After this 4-day intensive training course, passing students will receive their official American Red Cross Lifeguarding Certification.

Students must pass a pre-requisite swim test and be 15 years of age.



4 Classes Per Session | \$165 (CPR Mask Included)

Session 1	Tues. April 2 - Fri. April 5 9am-5pm
Session 2	Sat. May 18 - Sun. May 19 AND Sat. May 25 - Sun. May 26 8am-4pm
Session 3	Mon. July 1 - Fri. July 5 (No class July 4) 9am-5pm

For more information or to register, please contact JCC Aquatics Director, Riley Simpson at 505-418-4457 or rileysim@jccabq.org. Registration can also be completed online at jccabq.org or at the JCC in Member Services.

JCC
aquatics
programs



Ronald Gardenswartz Jewish Community Center

Max and Ruth Pollack Aquatics Complex Schedule

Effective March 4 through March 31, 2024

Competition Pool

Sunday 8am-4pm	Monday 5:30am-7pm	Tuesday 5:30am-7pm	Wednesday 5:30am-7pm	Thursday 5:30am-7pm	Friday 5:30am-5pm	Saturday 8am-4pm
Lap Swim 8am-10:00 am	Lap Swim 5:30 AM-4:00 PM	Lap Swim 5:30 AM-4:00 PM	Lap Swim 5:30 AM-4:00 PM	Lap Swim 5:30 AM-4:00 PM	Lap Swim 5:30 AM-3:00 PM	Lap Swim 8am-10:00 am
Family/Lap Swim 10:00am-4:00pm						Family/Lap Swim 10:00am-4:00pm
Do you have any aquatics questions? Contact Riley Simpson, Aquatics Director 505-418-4457	Family/Lap Swim 4pm-7pm	Family/Lap Swim 4pm-7pm	Family/Lap Swim 4pm-7pm	Family/Lap Swim 4pm-7pm	Family/Lap Swim 3pm-5pm	Don't Forget Reserve your Lap Lane Today
For the most up-to-date lane availability please go to https://jccabq.org/pool-schedule/						

Therapy Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool Closed 8:00 AM-10:00 AM	Pool Closed 5:30 AM-3:00 PM	Pool Closed 5:30 AM-3:00 PM	Pool Closed 5:30 AM-3:00 PM	Pool Closed 5:30 AM-3:00 PM	Pool Closed 5:30 AM-1:00 PM	Pool Closed 8:00 AM-10:00 AM
Family Swim 10:00am-4:00pm	Family Swim 3pm-7pm	Family Swim 3pm-7pm	Family Swim 3pm-7pm	Family Swim 3pm-7pm	Family Swim 1pm-5pm	Family Swim 10:00am-4:00pm
	Learn-To-Swim at the JCC! For more information about our swim lessons go to www.jccabq.org or call Riley Simpson, Aquatics Director at 505-418-4457 or email at rileysim@jccabq.org					

Easter (March 31st) : 8:30 AM-12:30 PM



JCC aquatics programs

The JCC Summer 2024 Aquatics Guide has been released! Grab one today or check it out on our website. Registration for all aquatics programming is open at jccabq.org!

- ⊗ **Group Swim Lessons**
- ⊗ **Private & Semi-Private Lessons for kids & adults**
- ⊗ **Adaptive Swim Program**
- ⊗ **OrCaS Swim Team IS BACK!**

- ⊗ **Pre-Swim Team Clinic**
- ⊗ **Aqua Fitness**
- ⊗ **Lifeguard Certification Course**
- ⊗ **Junior Lifeguard**
- ⊗ **Lap Swim & Family Rec Swim**



Open Pickleball

Tuesdays: 10am-12pm

Wednesdays (Women): 1pm-3pm

Thursdays: 10am-12pm

Saturdays: 11am-1pm

**FREE for
Members!**



PICKLEBALL WORKSHOPS

Join the JCC's own Pickleball Coach, Chris Blackwell, for a Pickleball Workshop! Each 1-hour workshop will cover rules, ball striking, footwork, and strategy. All levels are welcome.

For more information or to schedule a workshop, contact Ken Lewis at 505-418-4468 or kenl@jccabq.org

\$35 (members only)



Jewish
Care
Program



Holiday Baskets

Each year, the JCC's Jewish Care Program (JCP) creates 75 individual gift baskets for each of the following Jewish holidays: Passover, Rosh Hashanah, and Chanukah. Each basket is delivered by volunteers and JCP staff to isolated Jewish seniors and Holocaust survivors across Albuquerque, Santa Fe, and other parts of New Mexico.

The Holiday Basket Outreach is a beautiful opportunity to bring joy, meaning, comfort, and connection to those most vulnerable in our Jewish community. Each basket is around \$20.

Kindly consider sponsoring a basket today!

Scan QR Code
To Donate



For more info:
Emily Fox
505-418-4471
emilyf@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).



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.



2023-2024 ACE DONORS

Harold Albert • Anonymous • Lynn Asbury • David Bernstein • Erika Rimson • McKinnon Carroll • Shelly & Bruce Cherrin • Doris Duhigg • Toby Fedoravicius • Linda & Marty Fisher • Jim Folkman • Emily Fox • Miriam Friedman • Edgar Furie • Alan Glassman • Penny & Gary Hoe • Shelley & Herb Koffler • Carole Levitt • Robert Lewis • Barry & Sharon Moskowitz • Heidi Oberman • Shelly & Gary Prant • Karen Raff • Robert Rider • Barbara Saville • Gerald & Amanda Shelden • Ann & Dave Simon • Toby & Elisa Simon • George & Vivian Skadron • Vicki Meredith & Jim Stewart • Judy & Peter Weinreb • Peggy Werbner • Nancy & Ron Winger • Phyllis & David Wolf • Evelyn Zlotkin • Dreamstyle Remodeling • 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.

