


# Zen Studio Schedule

November 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		<b>NEW!!!</b> Barre Fusion Andrea (9am)
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	All T.H.A.T. Sara	Pilates Core & Strength Tracy		Vinyasa Flow Yoga Annette
4:00 p.m.					Shabbat Yoga Sarah S (1 <sup>st</sup> Friday of every month only)		
6:00 p.m.	Vinyasa Flow Yoga Annette		<b>NEW!!!</b> Deep Stretch Yoga Bettina				

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



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## ZEN STUDIO CLASS DESCRIPTIONS

**All T.H.A.T:** Targeting your favorite spots: **Thighs, Hips, Abs, Tush** with exercises that you hate to love!

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

**Barre Fusion:** Enhance your muscle tone, posture, flexibility and confidence in a class that blends Pilates, barre, functional training and mind-body inspired movement.

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

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

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

**Pilates Core & Strength:** This class adds a new level of fun with motivating music and a focus on strength. Various equipment will be used to sculpt and tone the entire body.

**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.

**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 of the physical, mental and spiritual body. All levels are both welcomed and encouraged!

**Deep Stretch Yoga:** utilize various yoga positions to provide challenge while proceeding at the individual's level, paying careful attention to body awareness, breathing, balance, and intention with modifications shown and explored. This class is perfect for someone just starting yoga, or for someone desiring a slower-paced class to fine-tune one's practice.

**Iyengar-style Yoga:** Build strength and patience using 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.

**Shabbat Yoga:** An ideal time to pause from our often hectic lives to rest, breathe, and re-center ourselves in this gentle flow and restorative yoga class.

**PLEASE BRING YOUR OWN MAT!**

**\*Classes are 50 minutes unless otherwise noted and may be modified for all fitness levels.**

***We want to be part of your Fitness Journey***

