



The Ronald Gardenswartz Jewish Community Center

January 2025 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

January 2025

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	 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	 Anick	 Sheryl (9:00am)
10:30am	Barre Stretch Dawn	 Bri	Barre Stretch Dawn	 Dawn	 Erica		
11:30am	Fit 2 Move Lisa				Sit n Fit Dawn (10:45am in auditorium)		
4:30pm		Barre Stretch Sherri					
5:30pm	Muscle 50 Pattie	Full Body Workout Lolli	Interval Training Karen	Strength & Conditioning Karen			
6:30pm		 Erica	 Anick				

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

January 2025

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	5520 FX* Jamie	OPEN GYM 6-8am	5520 FX* Jenn	OPEN GYM 6-8am	5520 FX* Jamie		
8:30am				Boot Camp Lolli		WEEKEND WARRIOR* Lee (Begins 1/11, 8:45)	
9:00am	JUMP Dawn		JUMP Dawn				
10:00am			BEYOND ROWING* Hallie (Begins 1/8, 10:45am)		5520 FX Master's* Jake	5520 FX* Staff	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	NEW!!! BORN TO LIFT* Jenn (begins 1/25, 11am)	
4:30pm	JUMP Debra				5520 FX* Jake (4:45pm)		
5:30pm	HIIT 30 Leanne	5520 FX* Alexis	5520 FX* Alexis	5520 FX* Alexis			
6:30pm	INFERNO* Tracee		INFERNO* Tracee				

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

January 2025

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		 SPINNING. Robin			
7:30 a.m.						 SPINNING. Robin	
8:30 a.m.		SPINPower. Rosina		 SPINNING. Jim	 SPINNING. Tanya (8:15)		SPINPower. Steve
9:00 a.m.						 SPINNING. Debra	
9:30 a.m.	SPINPower. Arleen		SPINPower. Sherri		SPINPower. Steve		
4:30 p.m.		NEW!!! 20/20 Debra		NEW!!! 20/20 Rosina			
5:30 p.m.	 SPINNING. Lolli		SPINPower. Pattie			Join Robin and Deb on January 25 th for special-themed classes as we kick off 25 years of the JCC!!	

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.


NEW!!! 20/20 20 min of cycling intervals preceded by 20 min of strength and toning exercises.



Zen Studio Schedule

January 2025

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		Barre Fusion Andrea (9am)
10:30 a.m.	Vinyasa Flow Yoga Theresa	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 st Friday of every month only)		
6:00 p.m.	Vinyasa Flow Yoga Annette		Deep Stretch Yoga Bettina				

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

All THAT: Targeting your favorite spots: **T**higs, **H**ips, **A**bs and **T**ush with the exercises that you hate to love! And also add Shabbat Yoga-Begin Shabbat with a slow flow class that will emphasize re-alignment... the perfect way to take a pause from our busy lives.

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

Barre Stretch: With high reps and low impact movements, barre fitness challenges anyone looking to fine-tune their muscles - no ballet experience required.

Barre Stretch: 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!

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 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.

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.

Sit 'n' Fit: A fun & energizing 30-minute class in and out of a chair with varying exercises which focus on coordination, balance, strength and posture correction.

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!

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.



January 2025 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 • 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! **Brody Annex Library**

Second Tuesday of every month • 12:30pm-2pm • \$5

Connect 60+ Reel Talk. Join us once monthly for screenings of a variety of documentaries followed by brief discussions. RSVP required. **JCC Brody Annex Room 104**

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. Fun and innovative routines challenge strength & endurance. **JCC Fitness Floor**

Tu/Th 10am-12pm; Wed 1-3pm (beginner/intermed.);

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 Room 104**

Every Wednesday* • 10:30am-1pm

\$12 program & lunch • \$6 program only

***See Programs by Date for weekly descriptions**

Connect 60+ Lunch & Learn. Enjoy engaging presentations, a caring community of friends, and a delicious shared meal from Rhubarb & Elliott. 10:30-11am Check-in/Coffee; 11am-12pm Program; 12-1pm Lunch. **NO PROGRAM 1/1/25. JCC Auditorium**

Every Thursday • 9:30am-10:30am

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

Female Functional Core. Our exclusive women's class focuses on strengthening the hips, glutes, lower back and abdominal/pelvic muscles. Focus on floor, body weight, and some resistance bands and weights. **JCC Fitness Center**

Third Thursday of every month • 1:30pm-2:30pm • \$36

Connect 60+ Coffee, Clergy & Conversations. Engage once a month with local clergy to share lively, meaningful conversations, on a variety of topics that relate to everyday life through a Jewish lens. The series concludes 4/17/25 with an ALL Clergy panel. **JCC Brody Annex Room 104**

Every Friday • 10:45am-11:15am • FREE

Connect 60+ Sit 'n' Fit. A fun & energizing 30-minute class in and out of a chair with varying exercises which focus on coordination, balance, strength and posture correction. **JCC Auditorium**

Every Friday • 11:20am-12:30pm • FREE

Connect 60+ Friday @ the J - Game & Gather. Game & Gather merges friendly gameplay with social interaction. Immerse yourself in engaging fun through a variety of group-oriented games. **JCC Auditorium**

Various Days & Times • FREE • Ages 5-12

Mini Mensch. Each month the group will participate in a service project focused on issues including the environment, food insecurity, social justice, and racial equity. 6-month commitment required. Call Alyssa Atias at 505-418-4480 for more information. **Locations Vary**

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

Tues. Dec. 31st, 2024 - Wed. Jan. 1st, 2025

Special Holiday Hours. We will close early on 12/31 at 4pm and will have abbreviated hours from 8am - 1pm on New Year's Day (1/1/25). Please mark your calendars and plan your visits accordingly!





January 2025 Calendar of Events

Wed. Jan. 1st

ONE WEEK FREE at the JCC. If you're not already a member, now's the time to give us a try! Stop by member services and get a punch card for an all-access 7-day trial.

Sun. Jan. 5th • 7 Weeks • Drop-In Clinics

Session 1: 12pm-12:45pm Session 2: 1pm-1:45pm

Per Clinic Price: \$30 members/\$45 nonmembers

Dive and Turn Clinic. This weekly 45-minute drop in-class is designed for high school swimmers who want additional practice for their dives and/or flip turns. Our amazing and knowledgeable Orca Swim Team Coaches are excited to help your swimmers improve their dives and flip turns. Each session is capped at 9 participants to ensure a small, friendly and safe environment for your swimmer to grow their skills. Registration for the clinic is required at least 12 hours in advance of the clinic. **JCC Aquatics Complex**

Mon. Jan. 6th • 6:30pm-7:30pm • 16 Sessions

\$160 members/\$108 nonmembers

INFERNO. 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! **JCC Elite Studio**

Tues. Jan. 7th • 6pm-7pm • 6 Sessions

\$75 members/\$100 nonmembers

Intro to Karate & Martial Arts. Explore the rich history of martial arts from China to Okinawa, Japan. Learn beginner techniques, forms, and self-defense with a moderate cardio workout, all while gaining valuable insights to guide your future martial arts journey. **JCC Zen Studio**

Wed. Jan. 8th • 10:15am-11am • 4 Sessions

\$99 members/\$125 nonmembers

Beyond Rowing. 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. JCC Elite Studio**

Wed. Jan. 8th • 10:30am-1:30pm • Weekly

\$12 program & lunch • \$6 program only

Connect 60+ Lunch & Learn: 100 Things To Do In

Albuquerque Before You Die. Albuquerque may be known for Route 66 and its famous green chile, but there's much more to know—and love—about this lively city. Local author Ashley M. Biggers celebrates the top ways to discover the city. Before you head out on your next adventure, come listen to Ashley share about what destinations to see what makes Albuquerque a world unto itself. **JCC Auditorium**

Wed. Jan. 8th • 4pm-4:30pm • 3 Sessions

\$60 members/\$85 nonmembers

Tiny Tots Art Class. Let your little one explore their inner artist where creativity meets early development! This 30-minute session is packed with fun, age-appropriate art activities designed to spark imagination and enhance fine motor skills, sensory exploration, and hand-eye coordination. Together with their favorite grown-up, toddlers will enjoy a playful, colorful introduction to the world of art. From finger painting to sticker collages, every project is a masterpiece in the making! **JCC Art Studio**

Sat. Jan. 11th • 8:45am-9:45am • 6 Sessions

\$99 members/\$129 nonmembers

Weekend Warrior. Join TEAM JCC for an exciting and dynamic training experience led by Lee Tallman. The training will be "Samson-inspired" —athletic, functional, and packed with both indoor and outdoor activities. Prepare to push, pull, carry, run, and enjoy engaging games and sports. This inclusive team welcomes all fitness levels and plans to participate in fun local events like the UNM Stair Climbing Challenge, with an optional opportunity to take on the Spartan Race in Colorado this May! **JCC Elite Studio**

Sun. Jan. 12th • 6 Sessions • 1pm Age 3-5 • 2pm Age 6-8

\$75 members/\$100 nonmembers

Kids Dance. These classes for kids ages 3-8 will focus on movement, expression and fun! **JCC Group Fitness Studio**

Sun. Jan. 12th • 3pm-4:30pm • One-Time

\$12 advance/\$15 door/Series \$125/Mensch \$175

2024-25 Book Fest - The Klansman's Son: My Journey from White Nationalism to Antiracism by R. Derek Black.

From the former heir-apparent to white nationalism, The Klansman's Son is an astonishing memoir of a childhood built on fear, of breaking from a community of hate. Derek Black recently transitioned to Adrienne since the publication of this book. Her/their father, Don Black, was a former Grand Wizard in the Ku Klux Klan and David Duke, was their close family friend and mentor. Racist hatred was all Derek/Adrienne knew. This memoir is a thoughtful, insightful, moving account with important lessons for our troubled times. Derek/Adrienne traces her/their uniquely insider account of the rise of white nationalism, and how a child indoctrinated with hate can become an anti-racist and non-binary-gender adult. Few understand the ideology, motivations, or tactics of the white nationalist movement like Derek/Adrienne, and even fewer have ever made so profound a change. **JCC Auditorium**



January 2025 Calendar of Events

Tues. Jan. 14th • 12:30pm-2pm • \$5

Connect 60+ Reel Talk: *Giving Voice*. Join us once monthly for screenings of a variety of documentaries followed by brief discussions. RSVP required. This month's film, *Giving Voice*, is 1hr 30min. **JCC Brody Annex Room 104**

**Wed. Jan. 15th • 10:30am-1:30pm • Weekly
\$12 program & lunch • \$6 program only**

Connect 60+ Lunch & Learn: Cindy Brown, LBSW- Can you Age Without Growing Old? Aging is inevitable, but how do we respond gracefully and proactively to the passing of years? In this discussion, Cindy will help us navigate the typical perspectives and interpretations of aging, as well as steps we can take to age but not get old! **JCC Auditorium**

Thurs. Jan. 16th • 1:30pm-2:30pm • \$36 for series

Connect 60+ Coffee, Clergy & Conversations. Engage once a month with local clergy to share lively, meaningful conversations, on a variety of topics that relate to everyday life through a Jewish lens. The series concludes 4/17/25 with an ALL Clergy panel. **JCC Brody Annex Room 104**

Mon. Jan. 20th

Martin Luther King Jr. Day. The JCC's hours will NOT be affected by this holiday. On this day we commemorate Martin Luther King Jr., chief spokesperson for nonviolent activism in the Civil Rights Movement, which protested racial discrimination in federal and state law and civil society.

**Mon. Jan. 20th • 9am-3pm • Age 6-12 • One-Time
\$120 members/\$150 nonmembers**

Kids One-Day Cooking Camp. Looking for a fun and engaging way to keep your kids busy on their day off from school? Join us for a one-day kids' cooking camp that's as delicious as it is creative! The day features a 2.5-hour cooking class led by Fallon, the talented chef and educator from The Sprouting Kitchen. Your kids will have a blast whipping up tasty recipes from scratch while learning to cook with fresh, wholesome ingredients. But that's not all! The day will also include food-themed crafts and activities to spark creativity and keep little hands busy while we wait for all the delicious creations to bake, sizzle, or chill. Spaces are limited—sign up now and let your young chef discover the joy of cooking! **JCC Campus**

**Wed. Jan. 22nd • 10:30am-1:30pm • Weekly
\$12 program & lunch • \$6 program only**

Connect 60+ Lunch & Learn: Movie Matinee - *My Octopus Teacher*. Please note adjusted timing for this program; Lunch will be served approximately 12:30pm. After years of swimming every day in the freezing ocean at the tip of South Africa, filmmaker Craig Foster forges an unusual friendship with an octopus living in a kelp forest. The young octopus displays remarkable curiosity. Visiting her den and tracking her movements for months on end, learning as the animal shares the mysteries of her world. **JCC Auditorium**

**Sat. Jan. 25th • 11am-12pm • 6 Sessions
\$75 members/\$95 nonmembers**

Born to Lift. Born to Lift is a functional training class for kids ages 10-14. Participants will learn safe weightlifting techniques while having fun! The JCC's expert coach, Jenn Lopez, is CrossFit L-1 certified and has years of experience coaching various sports. This class is great for young athletes training for sports or anyone ready to start moving and learning to lift. Give your kids a head-start on a healthy lifestyle by encouraging a love for fitness! **JCC Elite Studio**

Sun. Jan. 26th • 2pm-4pm • \$8 advance/\$10 door

999: The Forgotten Girls Film Screening. Best-selling author and historian Heather Dune Macadam has adapted her acclaimed book 999: The Extraordinary Young Women of the First Official Transport to Auschwitz into a powerful documentary that sheds light on a wrenching true story. In March 1942, nearly 1,000 young Slovak Jewish women, mostly teenagers, told by their government that they were embarking on a volunteer work assignment, were instead illegally deported to Auschwitz on what was the first Jewish transport to the Nazi death camp. Rather than strictly focus on the suffering and death experienced by most of the girls, Macadam tells stories of a small group who survived against all odds, even under unimaginable conditions that lasted more than three grueling years. Macadam spent 11 years interviewing survivors and researching family and government archives to create the film. 999: The Forgotten Girls ensures that these women will no longer be a historical footnote. In addition to telling this little-known story, the film and book intends to shine a light on gender equity & women's rights; to expose antisemitism, extremism & hate; and to promote awareness of the Holocaust and its aftermath. **JCC Auditorium**





January/February 2025 Calendar of Events

**Mon. Jan. 27th • \$120 members/\$150 nonmembers
Beginner 1-2:15 • Advanced Beginner 2:30pm-3:45pm
Intermediate/Advanced 4pm-5:15pm**

Spanish for Adults. Instructor Magda Holloway, a certified language instructor, is from Colombia and has been teaching adult classes of all levels at the JCC for over 6 years. This session she is offering beginner, advanced beginner, and intermediate/advanced Spanish classes.

JCC Conference Room

**Wed. Jan. 29th • 10:30am-1:30pm • Weekly
\$12 program & lunch • \$6 program only**

Connect 60+ Lunch & Learn: Rabbi Jack Shlachter - Oppenheimer & Strauss-A Jewish Perspective. In June 1954 the Atomic Energy Commission (AEC) revoked the security clearance of Dr. J. Robert Oppenheimer, the scientific leader of the Manhattan Project to develop the first atomic bombs. Particularly in Los Alamos, the perceived view today of the clearance clash between Oppenheimer and 1954 AEC Chairman Lewis Strauss paints Oppenheimer as the victim and Strauss as the villain. This presentation will focus on the Jewish dimension of these two individuals and reflect on how their opposing approaches to their respective Jewish heritage may have contributed to the revocation. Seeing the movie *Oppenheimer* is not a prerequisite for the talk, but it can be useful to view the film in advance for those who are interested. **JCC Auditorium**

**Tues. Feb. 4th • 6:30pm-7:30pm • 12 Sessions
\$149 members/\$169 nonmembers**

Olympic Lifting 101. Come learn Olympic Weightlifting with the JCC's expert coach, Alexis Cintron. Whether you want to learn the movements or refresh your techniques, all fitness levels are welcomed. Class will cover power cleans, clean & jerk, snatch, plus additional powerlifting movements such as squats and deadlift to add to the fun! Class meets Tuesday/Thursdays at 6:30pm for 6 weeks. **JCC Elite Studio**

**Wed. Feb. 5th • 10:15am-11am • 6 Sessions
\$99 members/\$129 nonmembers**

We've Got Your Back. Do you suffer from lower back pain or hip pain? We've got your back! Join Doctor of Physical Therapy Jules Somera for this 6 week back-focused class. Sessions concentrate on spine, hip & pelvic health through conditioning the core, stretching and strengthening.

JCC Elite Studio

**Wed. Feb. 5th • 10:30am-1:30pm • Weekly
\$12 program & lunch • \$6 program only**

Connect 60+ Lunch & Learn: Rabbi Jonathan Angress: Songs of the Southwest. Join Rabbi Angress for this interactive exploration of Jewish music originating and inspired by the southwestern region of the United States. Be ready to be entertained! **JCC Auditorium**

Fri. Feb. 7th • 3 Sessions • \$675

Fri. 6pm-8pm • Sat./Sun. 8:30am-5pm

Pilates Reformer Instructor Training. This Pilates Reformer Instructor Training course will teach individuals how to safely and effectively instruct Pilates exercises on a specialized apparatus called a Reformer, providing comprehensive knowledge of the machine's mechanics, exercise repertoire, client assessment, and proper cueing techniques to design personalized Pilates workouts for diverse fitness levels, focusing on core strength, flexibility, and alignment, while adhering to the core principles of the Pilates method; ultimately enabling them to become certified Reformer Pilates instructors capable of leading both private and group classes. **JCC Reformer Pilates Studio**

Sun. Feb. 9th • 10:30am-12pm • One-Time • \$20

Bagels & Jazz with Hillary Smith Quartet. February is the month of LOVE! Come to be serenaded by the one and only soulful songstress Hillary Smith. She will be backed by the world class jazz trio of John Funkhouser on keys, Gordon Johnson on bass, and Glenn Kostur playing sax. Stop by to enjoy this performance, sing along between sipping Mimosas and noshing on fresh-from-the oven bagels.

JCC Auditorium

Sun. Feb. 9th • 3pm-4:30pm • One-Time

\$12 advance/\$15 door/Series \$125/Mensch \$175

2024-25 Book Fest - Dwell Time: A Memoir of Art, Exile, and Repair by Rosa Lowinger. Renowned art conservator Rosa Lowinger, one of the few prominent Latinas in the field of art and architectural conservation, penned an illuminating memoir. This is a moving portrait of a Cuban-Jewish family's intergenerational trauma; a story about repair and healing that will forever change how you see managing damage and loss. This riveting and well-crafted account reads like a page-turning novel. A Kirkus-starred book. **JCC Auditorium**

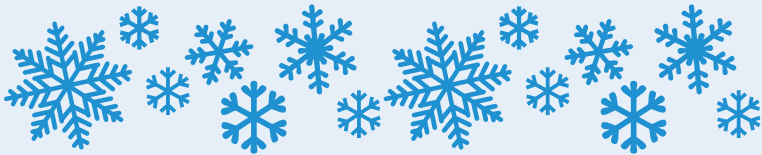




February 2025 Calendar of Events

Wed. Feb. 12th • 10:30am-1:30pm • Weekly \$12 program & lunch • \$6 program only
Connect 60+ Lunch & Learn: Senior Safety & Awareness.
In this informative discussion, Robert "Bob" Tellez, the JCC's Security Director, will go over what to know and what to look for to be confident in our daily lives. Bob will help us learn how to increase our safety and reduce our fear with real life skills. **JCC Auditorium**

Thurs. Feb. 13th
Tu BiShvat. This Jewish holiday, also called Rosh HaShanah La'llanot, translates literally to "New Year of the Trees." The day is celebrated in Israel as an ecological awareness day, and trees are planted in celebration. **The JCC's hours will not be affected by this holiday.**



DIVE & TURN CLINIC

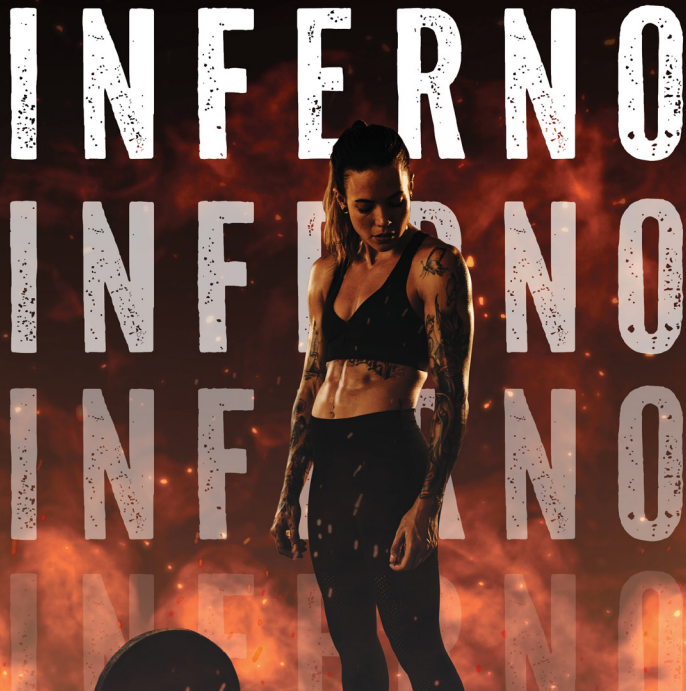
Perfect your dives and turns with this 45-minute weekly drop-in class, designed for high school swimmers looking for extra practice. Led by our skilled and enthusiastic Orca Swim Team Coaches, this clinic focuses on helping participants refine their technique in a supportive, small-group setting.

Limited to 9 participants for a safe, personalized experience. Registration required at least 12 hours in advance.

SUNDAYS • 01/05 to 02/16
SESSION 1: 12:00 PM-12:45 PM
SESSION 2: 1:00 PM-1:45 PM

Member \$30 | Non-Member \$45

For questions contact Riley Simpson, Aquatics Director at (505)418-4457 or rileysim@jccabq.org



INFORMATION

Jan. 6th - Feb. 26th
Mondays/Wednesdays
6:30pm-7:30pm
Member: \$160
Non Member: \$180

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



INTRO TO KARATE & MARTIAL ARTS

TUESDAYS AT 6PM
JANUARY 7 - FEBRUARY 11

MEMBER \$75 | NON-MEMBER \$100

Join this engaging karate class to explore the rich history of martial arts from China to Okinawa, Japan. Learn beginner techniques, forms, and self-defense with a moderate cardio workout, all while gaining valuable insights to guide your future martial arts journey and school selection.

WHAT IS NEEDED:

- Work out clothes
- Thinner Chinese Wushu slippers, socks or barefoot
- Water

AGES
8 YEARS
AND UP

Contact
Dawn LoGuercio
(505)418-4473
dawnl@jccabq.org
for any questions



BEYOND ROWING

4 WEEKS



Member: \$99
Non-member: \$125

WEDNESDAYS

01/08 - 01/29
10:15-11AM



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



Tiny Tots Art Class

Wednesdays from 4:00pm - 4:30 pm
January 8th to January 22nd
\$60 Members | \$85 Non-Members

Let your little one explore their inner artist at our Tiny Tots Art Class, where creativity meets early development! This 30-minute session is packed with fun, age-appropriate art activities designed to spark imagination and enhance fine motor skills, sensory exploration, and hand-eye coordination.

Together with their favorite grown-up, toddlers will enjoy a playful, colorful introduction to the world of art. From finger painting to sticker collages, every project is a masterpiece in the making!

For Toddlers Ages
18 Months to 3 Years
Parent/Guardian Participation Required

For Questions Contact
Alyssa Atias - Youth & Family Engagement Director
(505)418-4480
alysaaa@jccabq.org



WEEKEND WARRIOR

JANUARY 11 - FEBRUARY 15
SATURDAYS AT 8:45 AM
\$99 MEMBERS | \$129 NONMEMBERS

Join TEAM JCC for an exciting and dynamic training experience led by Lee Tallman. The training will be "Samson-inspired" – athletic, functional, and packed with both indoor and outdoor activities. Prepare to push, pull, carry, run, and enjoy engaging games and sports. This inclusive team welcomes all fitness levels and plans to participate in fun local events like the UNM Stair Climbing Challenge, with an optional opportunity to take on the Spartan Race in Colorado this May!



LEE TALLMAN

Lee Tallman is a JCC Personal Trainer with 6 years of experience. He is also a seasoned fitness competitor, participating in several of the JCC's Samson Challenge events, along with many other endurance competitions throughout the years.

REGISTER NOW

Register in member services or online at jccabq.org

For Questions contact:

Susanna Pier - Fitness and Wellness Director
(505)418-4478
susannap@jccabq.org



KIDS Dance

JAN. 12 - FEB. 16

Ages 3-5: 1pm

Ages 6-8: 2pm

MEMBER: \$75

NON-MEMBER: \$100

THESE CLASSES FOR CHILDREN AGES 3-8 WILL FOCUS ON MOVEMENT, EXPRESSION, AND FUN!

RESERVE A SPOT ONLINE AT JCCABQ.ORG OR VISIT MEMBER SERVICES



2024-25 BOOK FEST & AUTHOR SERIES

10 Engaging Author Events September 2024 Through June 2025

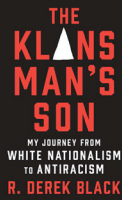
2024-25 JCC Author Series



R. DEREK BLACK

The Klansman's Son: My Journey from White Nationalism to Antiracism

Sunday, 1/12/25 @ 3 pm



From the former heir-apparent to white nationalism, *The Klansman's Son* is an astonishing memoir of a childhood built on fear, of breaking from a community of hate. Derek Black's father, Don Black, was a former Grand Wizard in the Ku Klux Klan and David Duke, was also their close family friend and mentor. Racist hatred, though often wrapped up in respectability, was all Derek knew. This is a thoughtful, insightful, moving account of a singular life, with important lessons for our troubled times. Derek traces their uniquely insider account of the rise

of white nationalism, and how a child indoctrinated with hate can become an anti-racist and non-binary-gender adult. Few understand the ideology, motivations, or tactics of the white nationalist movement like Derek, and even fewer have ever made so profound a change.

Meet R. Derek Black

R. Derek Black has recently transitioned to Adrienne since the publication of *The Klansman's Son*. They/she is a doctoral candidate in history at the University of Chicago. Since 2016, they/she has spoken to many audiences at universities, foundations, institutions, museums, synagogues, and churches. They/she received the Elie Wiesel Award and a humanitarian award from the Anti-Defamation League. *The Klansman's Son* is their/her first book. They/she states: 'Most of my life I couldn't have imagined writing a book like this. When I condemned the White Nationalist movement in 2013, I didn't want to speak out publicly again. For years, I didn't, until I knew that remaining silent was no longer a choice I could make'.



Event Ticket Pricing

\$12/advance / \$15/door

\$125 Series Pass for all 10 events

\$175 Mensch Pass for all 10 events including \$50 donation

Ticket & Book Purchases

Visit jccabq.org/bookfest or call 505-418-4469

Questions & More Info

Email cultural@jccabq.org

All events at the JCC. Ticket price includes a light nosh.

5520 Wyoming Blvd. NE Albuquerque, NM 87109 www.jccabq.org



KIDS ONE DAY COOKING CAMP

FOR AGES 6 - 12

GET READY TO MIX, CHOP, AND CREATE A DELICIOUS MASTERPIECE

MONDAY, JANUARY 20TH FROM 9:00 AM - 3:00 PM
MEMBER \$120 | NON-MEMBER \$150

Looking for a fun and engaging way to keep your kids busy on their day off from school? Join us at the JCC of Greater Albuquerque for a one-day kids' cooking camp that's as delicious as it is creative! The day features a 2.5-hour cooking class led by Fallon, the talented chef and educator from The Sprouting Kitchen. Your kids will have a blast whipping up tasty recipes from scratch while learning to cook with fresh, wholesome ingredients. But that's not all! The day will also include food-themed crafts and activities to spark creativity and keep little hands busy while we wait for all the delicious creations to bake, sizzle, or chill.

Spaces are limited—sign up now and let your young chef discover the joy of cooking!

FOR QUESTIONS CONTACT ALYSSA ATIAS AT ALYSSAA@JCCABQ.ORG OR (505)418-4480



A Film Presentation Commemorating International Holocaust Remembrance Day co-hosted by the New Mexico Holocaust & Intolerance Museum and the JCC

999 THE FORGOTTEN GIRLS

USA 2023 | 90 min

Sunday, January 26 at 2pm
at the JCC of Greater Albuquerque



Best-selling author and historian Heather Dune Macadam has adapted her acclaimed book 999: The Extraordinary Young Women of the First Official Transport to Auschwitz into a powerful documentary that sheds light on a wrenching true story. In March 1942, nearly 1,000 young Slovak Jewish women, mostly teenagers, told by their government that they were embarking on a volunteer work assignment, were instead illegally deported to Auschwitz on what was the first Jewish transport to the Nazi death camp. Rather than strictly focus on the suffering and death experienced by most of the girls, Macadam tells stories of a small group who survived against all odds, even under unimaginable conditions that lasted more than three grueling years. Macadam spent 11 years interviewing survivors and researching family and government archives to create the film. 999: The Forgotten Girls ensures that these women will no longer be a historical footnote. In addition to telling this little-known story, the film and book intends to shine a light on gender equity & women's rights; to expose antisemitism, extremism & hate; and to promote awareness of the Holocaust and its aftermath.



Tickets: \$8/advance; \$10/door

Includes refreshments and discussion following the film
Get tickets at jccabq.org/meeting/999-film



¿Quiere practicar Español? ¡Vamonos! Let's Go!

Spanish

For Adults

12 weeks on Mondays • Jan. 27th – April 14th

\$180/JCC Members • \$210/Non-Members



Instructor: Magda Holloway is a certified language instructor. She is from Colombia, is bilingual, and has been teaching adult classes of all levels at the JCC for 6 years. Many students who began as beginners have progressed through the levels and all really enjoy her warm and encouraging teaching style.

Beginner

Mondays, 1 pm – 2:15 pm

Prior Spanish experience is not necessary, but this will also be an ideal refresher course for those who have studied some Spanish in the past. We will study numbers, colors, days, months, vocabulary, telling time, basic phrases, and simple conversation. Students will learn to apply the vocabulary when asking and answering questions that are applicable to everyday life.

Advanced Beginner

Mondays, 2:30 pm - 3:45 pm

Continue to learn to speak Spanish in a friendly, relaxed atmosphere. We will study vocabulary, verb conjugation, conversation and reading books. This course is ideal for those who want to expand their working knowledge of the Spanish language for travel or to communicate with those whose first language is Spanish. The goal of this level 2 class is for students to start off at an entry level of Spanish and increase their reading and oral comprehension to communicate efficiently.

Intermediate/Advanced

Mondays, 4 pm – 5:15 pm

Can you speak Spanish, but want to gain confidence and learn to express complex ideas? This class is designed for learners who have a solid foundation of Spanish knowledge. The focus is on speaking with confidence, reading and oral comprehension and conversation. We will read books, write, and emphasize gaining fluency in conversing in Spanish. By the end of this course, students will demonstrate proficiency in speaking, writing, reading and oral comprehension.

Register online at jccabq.org/meeting/spanish or in member services.
Contact: Phyllis Wolf at 505-418-4469 or cultural@jccabq.org





1-WEEK FREE



CC albuquerque



Visit us during the month of January and get a **FREE** full-access* pass to our center!

- Fitness Center
- Gymnasium
- Outdoor Sports
- Aquatics Center
- Group Fitness
- Zen Studio
- Spinning Studio
- Reformer Pilates
- Childcare
- Locker Rooms
- Steam Rooms
- Indoor & Outdoor Tracks
- Rhubarb & Elliott Café
- EVERYONE WELCOME!

*Group classes, swim lanes and childcare require advance reservation. Contact Member Services at 505-418-4461 to reserve a spot for any of these activities/services.



Open Pickleball

Tuesdays: 10am-12pm

Wednesdays (^{Beginner/}Intermediate): 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 Debbie Blackerby at 505-418-4460 or debrab@jccabq.org

\$35 (members only)

20 NEW MEXICO 25 HUMANITARIAN AWARDS



Call for Nominations

The New Mexico Humanitarian Awards (NMHA) were created in 2007 to honor New Mexicans who have demonstrated an exemplary spirit of humanity in a local, national or international capacity. Organized and sponsored by the JCC in conjunction with outstanding local community partners, the Humanitarian Awards celebrate those who have selflessly devoted themselves to help others.

This year, we will be honoring three outstanding humanitarians that set an example for others by demonstrating a passion for human welfare, social reform, philanthropy, and/or values-based investing.

Coinciding with these awards, the JCC of Greater Albuquerque will also recognize those whose service to the Jewish community reflects the highest integrity, love for others and commitment to the ideals of Jewish life, through the Harold B. Albert Jewish Community Service Award.

Nominations for one or both of these awards should be submitted to Emily Fox (emilyf@jccabq.org) by Wednesday, February 26th.

All submissions will be reviewed and selected by the NM Humanitarian Awards Honoree Selection Committee. Selected Honorees and corresponding nominators will be contacted in early April, prior to announcing the 2025 NMHA recipients to the general public. Thank you for your submissions.

— The 2025 NMHA Selection Committee



Please complete the nomination form on the next page 16

20 NEW MEXICO 25 HUMANITARIAN AWARDS

Nomination Form

Nomination Categories (please choose all categories that are applicable to the nominee below) :

Human Welfare/Care and Compassion

Philanthropy

Social Reform

Values-based Investing

Harold B. Albert Jewish Community Service Award

Name of Nominee:

Employer, Organization or Business:

Nominee Phone:

Nominee Email:

Nominee's Projects, Accomplishments, or History of Service (please provide a brief summary and attach additional information):

Nominee's Biography (please provide a brief summary and attach additional information):

Name of Nominator:

Nominator Phone:

Nominator Email:

Thank you for submitting your nomination for the 18th Annual New Mexico Humanitarian Awards, which will be held on Thursday, August 14th. For more information, please contact Emily Fox emilyf@jccabq.org or call 505-418-4471.



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 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.



2024 ACE DONORS

Lynn Asbury • Ed & Leslie Adler • Susan & Alex Bapty • David Bernstein & Erika Rimson • Kara Blattman-Rock • Igal & Debora Brener • Diane Chodorow • Rabbi Paul & Susan Citrin • Doris Duhigg • Toby Fedoravicius • Debra & Howard Friedman • Edgar Furie • Judge Lorenzo Garcia • Rona Gold • Ellen Goldstein • Anne Haines • Roberta Haynes-Sparks • Debra Heller • Dr. Sam & Susan Keith • Shelley & Herb Koffler • Lea Koshkin • Elanit Levene • Stephanie Lipkowitz • Marcia Lubar • Yoni Novat • Shelly & Gary Prant • Karen Raff • Donna Reichman • Ron & Meryl Segel • George & Vivian Skadron • Stan & Marilyn Stark • Vicki Meredith & Jim Stewart • Karen Taylor • Barb Wasylenki • Judy & Peter (z"l) Weinreb • Peggy Werbner • Nancy & Ron Winger • Jane Wishner • Alonet & Peter Zandan • Jacuzzi Wellness • The Edwin S. Soforenko Foundation

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.

