



The Ronald Gardenswartz Jewish Community Center

February 2025 Program Guide

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






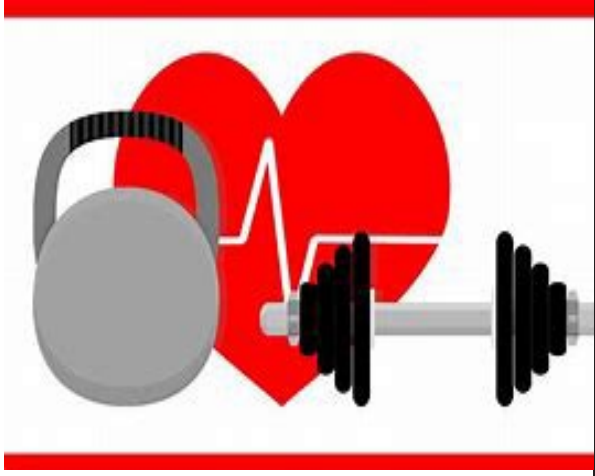


WELCOME HOME



Group Fitness Schedule

February 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	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				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		 LaBlast Erica	 ZUMBA fitness 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

February 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 (Ends 2/15, 8:45)	
9:00am	JUMP Dawn		JUMP Dawn				
10:00am			WE'VE GOT YOUR BACK* Jules (10:15am)			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	BORN TO LIFT* Jenn	
4:30pm	JUMP Debra						
5:30pm	HIIT 30 Leanne	5520 FX* Alexis	5520 FX* Alexis	5520 FX* Alexis			
6:30pm	INFERNO* Tracee	OLYMPIC LIFTING 101* Alexis	INFERNO* Tracee	OLYMPIC LIFTING 101* Alexis			

Group Fitness Director: Dawn LoGuercio | Contact: 505-418-4473 or dawnl@jccabq.org

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

* Indicates fee-based class; must register in Member Services or at www.jccabq.org


CLASS SCHEDULE SUBJECT TO CHANGE



Spinning Schedule

February 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.		20/20 Debra		20/20 Rosina			
5:30 p.m.	SPINNING Lolli		SPINPower Pattie			Our next round of 25th Anniversary celebratory rides will be on Tuesday, February 25th during all classes!	

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, focusing on heart rate, perceived exertion and RPMs.

SPINPower: Classes focus on measuring work effort through the principles of power measured in watts.

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

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

February 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

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

All THAT: Targeting your favorite spots: **Thighs, Hips, Abs** and **Tush** 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 Fitness: With high reps and low impact movements, barre fitness challenges anyone looking to fine-tune their muscles - no ballet experience required.

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

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!

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.

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.

Lower Body Barre: Using methods from Fitness, Pilates and Ballet, this class will strengthen, tighten and lift everything from the waist down.

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 &



February 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-2pm • FREE

Cozy Crafters. Join us every Monday to gather and socialize while you work on your latest project and make new connections. Our goal is to create a warm and welcoming community of crafters and space to share your passion to create! All levels welcome!

Brody Annex Library

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. **JCC Auditorium**

Every Thursday • 9:30am-10:30am

6 sessions • \$149 members/\$169 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**

Mondays & Fridays • Starting Feb. 17th • 9am-10am

12 sessions • \$130 members/\$150 nonmembers

Hallies Angels. An ongoing group that meets for training 2x/week. Expert JCC trainer Hallie Young will keep you coming back with fun and innovative routines that challenge both strength & endurance. **JCC Fitness Floor**

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

Various Days/Times Available • \$75 per month

5520 FX. A dynamic fitness program that combines functional movement performed at a high intensity level to build strength, endurance, and overall athletic performance.

JCC Elite Studio



February 2025 Calendar of Events

Programs by Date

Sat. Feb. 1st

Fall in Love with the JCC. Throughout the month of February, non-members can join the JCC for \$0 registration fee, plus get all of March FREE! 6 month commitment required; restrictions apply! Tell your friends and family about this awesome deal - it won't last long!

Sat. Feb. 1st

Black History Month Begins. During the month of February, the JCC is celebrating Black History Month! This month we pay tribute to the generations of African Americans who struggled with adversity to achieve full citizenship in American society. **The JCC's hours will not be affected by this observance.**

Tues. Feb. 4th • 5:30pm-7:00pm • \$10

Empowered Through the Ages. This 1.5 hour workshop will focus on women's health-journey highlighting nutrition, fitness and hormones. JCC's nutrition coach, Tracee Hayden and Certified Nurse Practitioner Jalayne Faulhaber are combining forces to share new evidence-based research on topics affecting women's health and wellness.

JCC Brody Annex Room 104

Tues. Feb. 4th • 6:30pm-7:30pm • 12 Sessions

\$149 members/\$169 nonmembers

Olympic Weight Lifting 101 Come learn Olympic Weight lifting with JCC's expert coach, Alexis Cintron. Whether you want to learn the movements or refresh your techniques, all fitness levels are welcomed. The class will cover power cleans, clean & jerk, snatch, plus additional powerlifting movements. **JCC Elite Studio**

Web. Feb. 5th • 10:30am-1:30pm • Weekly

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

Connect 60+ Lunch and Learn: Rabbi Jonathan Angress-Songs of the Southwest : An Exploration of Jewish Music

Rabbi Angress will take us on a journey exploring Jewish Music originating and inspired by the southwestern region of the United States. Join us for this engaging, entertaining and interactive program.

JCC Auditorium

Wed. Feb. 5th • 10:15am-11am • 6 Sessions

\$99 members/\$129 nonmembers

We've Got Your Back. Join Physical Therapist Jules for this 6-week back focused class. Each session concentrates on spine, hip & pelvic health by a variety of conditioning the core and stretching/ strengthening.

JCC Elite Fitness Studio

Fri. Feb. 7th @ 6pm • Sat. Feb. 8th @ 8:30am • Sun. Feb 9th @8:30am

Pilates Reformer Instructor Training. This training course will teach individuals how to safely and effectively instruct Pilates exercises on a reformer, providing comprehensive knowledge of the machine's mechanics, exercise repertoire, client assessment, and proper cueing techniques to design personalized Pilates workouts. **JCC Pilates Studio**

Sun. Feb. 9th • 10:30am-12:00pm • \$20

Bagels and Jazz- Special Love Edition. 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 • 3:00pm • \$12

2024-25 Book Fest - Dwell Time by Rosa Lowinger

A Kirkus-starred review describes Dwell Time as a "masterful revelation about life and art imitating each other in maintenance and repair". Rosa Lowinger, one of the few prominent Latinas in the field of art and architectural conservation, penned an illuminating debut memoir: a moving portrait of a Cuban-Jewish family's intergenerational trauma and a story about repair and healing. **JCC Auditorium**

Sun. Feb. 9th • 2:00pm

Free Event - sponsored by the JCC Community Garden Committee

Garden Talk with Tree New Mexico: Tree Care Essentials.

Join us and Tree New Mexico for an informative discussion on the essentials of tree care! This talk will provide valuable tips on recommended trees for planting, need-to-know watering tips, and pruning basics.

JCC Community Garden

Wed. Feb. 12th • 10:30am-1:30pm • Weekly

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

Connect 60+ Lunch and 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. We will also be joined by an Albuquerque Police Department Senior Citizen Ambassador

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.**

Sat. Feb. 15th • 10:00am-12:00pm • \$40

CPR Certification Class. Get the American Heart Association CPR and AED certification and learn how to save a life! The course will cover adult, child & infant CPR, AED and choking. **Brody Annex 103/104**

**Wed. Feb. 19th • 10:30am-1:30pm • Weekly
\$12 program & lunch • \$6 program only**

Connect 60+ Lunch and Learn: Cindy Brown, LBSW- Self Care & Self Love As We Age. Self-care and self-love are practices that allow us to increase our quality of life. Cindy will share how intentional prioritization of self-care and self-love can help us better manage all the ups and downs that life may throw at us, especially as we age.

JCC Auditorium

Sat. Feb. 22nd • 2:00pm

\$25 member couple/\$40 nonmember couple

Partner Yoga. Experience the joy of yoga with a partner! In this interactive class, you'll work together to deepen stretches, build strength, and enhance balance through shared postures. All levels are welcome, and no prior yoga experience is required. Participants must bring their own partner. Come ready to move, laugh, and enjoy a unique yoga experience that's better together!

JCC Zen Studio

Sun. Feb. 23rd • 2:00pm • \$10 advance/\$15 at door

Ain't No Back to a Merry-Go-Round. A Film Event Commemorating Black History Month. Explore the powerful, little-known story of the 1960 protests at Glen Echo Amusement Park, a once-segregated site in Maryland. Howard University students, joined by Jewish neighbors and white suburban allies, staged a ten-week protest against racial discrimination, sparking headlines and inspiring the Civil Rights Movement. Through newly uncovered archival footage and personal stories, this documentary highlights a pivotal moment of collaboration, resistance, and change during a deeply divided era.

JCC Auditorium

Wed. Feb. 26th • 9:30am-10:30am • 3 Sessions

\$40 members/\$50 nonmembers

Baby & Me Yoga. Reconnect with your body and bond with your baby in this gentle yoga class designed for postpartum mothers. Enjoy safe and mindful movement while your baby stays close, with opportunities to play, stretch, and cuddle together. Perfect for moms 6-8 weeks postpartum (with medical clearance) and their pre-crawling babies.

All baby needs—cries, feedings, and diaper changes—are welcome! Bring baby supplies and a blanket for your little one. **JCC Group Fitness Studio**

March Programs by Date

Wed. Mar. 5th • 6:00pm-7:00pm • 6 Sessions

\$120 members/\$140 nonmembers

Success Fuel. Achieve your wellness goals! After this 6-session course, with Certified Nutrition Coach, Tracee Hayden, you'll have a blueprint to achieve your goals whether it's fat loss, muscle gain, weight-loss, or maintaining your current status. We'll go over scientifically proven strategies to help you become the healthiest version of yourself. **Brody Annex Room 104**

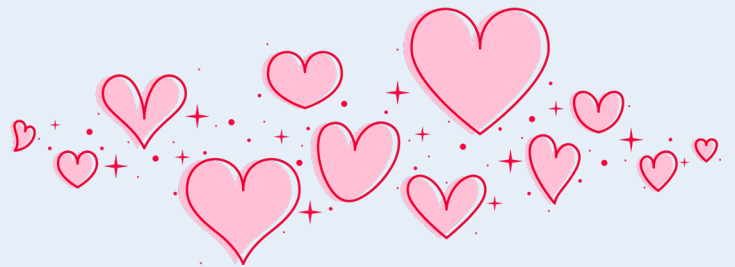
Wed. Mar. 5th • 10:30am-1:30pm • Weekly

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

Connect 60+ Lunch and Learn: The Great Hamantaschen Bake Get in the spirit of Purim! Roll, pinch and fill your own fresh-made hamantaschen! Bring your aprons, rolling pins and to-go containers too! We'll learn a little about this tasty treat and the meaning behind Purim. **JCC Auditorium**

Sun. Mar. 9th • 3:00pm • \$12

2024-25 Book Fest - We Must Not Think of Ourselves by Lauren Grodstein. From NYT bestselling author Lauren Grodstein, a story inspired by a little-known piece of history in the lives of Jewish occupants of the Warsaw Ghetto in World War II. Called a "masterpiece", and as seen on The Today Show – a 'Read with Jenna' pick. In 1940 Adam Paskow, a prisoner in the Warsaw Ghetto, held captive by Nazi guards, awaiting a horrific fate. He joins a secret group of archivists working to preserve the truth of what is happening behind these walls. Inspired by the testimony-gathering project, Oneg Shabbat, and told with immediacy and heart, this is a piercing story of love, determination, and sacrifice. **JCC Auditorium**



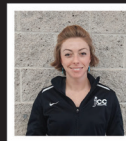
OLYMPIC WEIGHT LIFTING 101

WITH ALEXIS CINTRON



TUESDAYS & THURSDAYS 6:30-7:30 PM
 FEBRUARY 4TH - MARCH 13TH
 MEMBERS \$149 | NONMEMBERS \$169

Come learn Olympic Weightlifting with 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 are included to add to the fun!



ALEXIS CINTRON

Alexis Cintron is a UNM graduate with a background in Mortuary Science. She brings a disciplined, results-oriented approach to fitness. As a CrossFit CLO-1 certified trainer and competitive athlete in CrossFit, Olympic lifting, former semi-pro boxing, Alexis knows what high-performance training requires and can help you reach your fitness goals.

FOR QUESTIONS CONTACT DAWN LOGUERCIO AT (505)418-4473 OR DAWN@JCCABQ.ORG



Empowered Through the Ages

This 1.5 hour workshop will focus on women's health-journey highlighting nutrition, fitness and hormones. JCC's nutrition coach, Tracee Hayden and Certified Nurse Practitioner Jalayne Faulhaber are combining forces to share new evidence-based research on topics affecting women's health and wellness. Tracee will guide you through understanding how nutritional needs evolve with age, helping you identify the best nutritional strategies and fitness priorities for each stage of life.

Tuesday, February 4th

5:30 - 7:00 PM

\$10 per person

Register in member services or on jccabq.org



Tracee Hayden

Personal trainer & Corrective Exercise Specialist through National Academy of Sports Medicine (NASM) and Precision Nutrition certified Nutrition Coach. Tracee has been helping clients for over 10-years.



Jalayne Faulhaber

20+ years of extensive patient care and experience, owner of Foundation Health & Wellness specializing in acute care, urgent care, hormone replacement therapy, weight loss and preventive care for women and men.



For more information contact Susanna Pier at (505)418-4478 or susannap@jccabq.org



WE'VE GOT YOUR BACK

Led by Jules Somera
 Doctor of Physical Therapy

Wednesday • 10:15am - 11:00am
 6 Weeks • February 5th to March 12th
 \$99 members • \$129 non-members
 Includes pre-program assessment

Do you suffer from lower back or hip pain? We've got your back! Join Physical Therapist Jules for this 6-week back-focused class. Each session concentrates on spine, hip & pelvic health by a variety of conditioning the core and stretching/strengthening. Learn more about where your pain might really be originating from (Surprise! It's not always your back that's the real problem!) Register in member services or at jccabq.org. Contact: Susanna Pier at 505-418-4478 or susannap@jccabq.org.



PILATES REFORMER INSTRUCTOR TRAINING

Friday, February 7th from 6-8pm

Saturday, February 8th from 8:30-5pm

Sunday, February 9th 8:30-5pm



Scan QR Code to Register

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.

For Questions contact Dawn LoGuercio at (505)418-4473 or dawn@jccabq.org



Bagels & Jazz

Hillary Smith Quartet
Sunday, Feb. 9th • 10:30 to Noon
Concert • Bagels • Schmear • Mimosas
Special LOVE Edition



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.

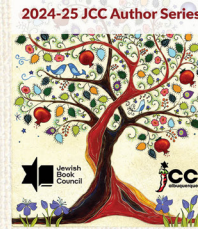


Tickets: \$20 with QR code, at jccabq.org, or in member services



2024-25 BOOK FEST & AUTHOR SERIES

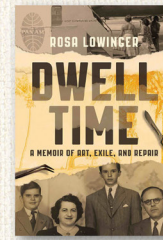
10 Engaging Author Events September 2024 Through June 2025



ROSA LOWINGER

Dwell Time: A Memoir of Art, Exile and Repair

Sunday, 2/9/25 @ 3 pm



A Kirkus-starred review describes *Dwell Time* as a "masterful revelation about life and art imitating each other in maintenance and repair". *Dwell Time* is a term that measures the amount of time something takes to happen – immigrants waiting at a border, human eyes on a website, the minutes people wait in an airport, and, in art conservation, the time it takes for a chemical to react with a material. Renowned art conservator Rosa Lowinger, one of the few prominent Latinas in the field of art and architectural conservation, penned this illuminating debut memoir. It is a moving portrait of a Cuban-Jewish family's intergenerational trauma. And it's a story about repair and healing that will forever change how you see the objects and places we cherish and how we manage damage and loss.

Meet Rosa Lowinger

Rosa Lowinger is a Cuban-born American writer and art conservator. The author of *Tropicana Nights: The Life and Times of the Legendary Cuban Nightclub* (Harcourt, 2005) and *Promising Paradise: Cuban Allure American Seduction* (Wolfsonian Museum, 2016), she is the founder and current vice-president of RLA Conservation, LLC, one of the U.S.'s largest woman-owned art and architectural conservation firms. A Fellow of the American Institute for Conservation, the Association for Preservation Technology, and the American Academy in Rome, Rosa writes regularly for popular and academic media about conservation, historic preservation, the visual arts, and Cuba.



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



Tiny Tots Art Class

Wednesdays from 4:00pm - 4:30 pm
 February 12th, 19th and 26th
 \$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

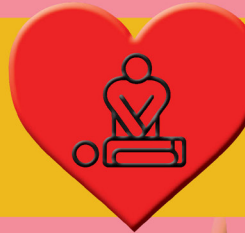
Parent/Guardian Participation Required

For Questions Contact

Alyssa Atias- Youth & Family Engagement Director
 (505)418-4480
alysaa@jccabq.org



CPR Certification Class



Saturday, February 15th 10am-12pm

Cost: \$40 | Limited spots available!

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

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



Partner Yoga

Saturday, February 22nd at 2pm

Member Couple: \$25  Non-Member Couple: \$40

Experience the joy of yoga with a partner! In this interactive class, you'll work together to deepen stretches, build strength, and enhance balance through shared postures. Partner yoga fosters trust, communication, and connection—whether you're joining with a friend, family member, or significant other. All levels are welcome, and no prior yoga experience is required. Participants must bring their own partner. Come ready to move, laugh, and enjoy a unique yoga experience that's better together!

Register at jccabq.org/partner-yoga/ or contact member services at (505)332-0565



For Questions Contact Dawn LoGuercio at (505)418-4473 or dawnl@jccabq.org



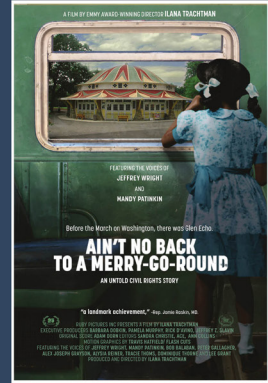
A Film Event Commemorating Black History Month
Injustices Then and Now: Where Do We Go From Here?

AIN'T NO BACK TO A MERRY-GO-ROUND*

(2024) USA 1 hour 29 min

Sunday, Feb 23 at 2 pm
Jewish Community Center
5520 Wyoming Blvd. NE

Cohosted by Jewish Community Center,
NM Holocaust & Intolerance Museum
and Black Chamber of Commerce of NM



Since 1909, Glen Echo Amusement Park was a white-only recreation destination for metropolitan Washington, and Black children living nearby could only gaze from the road. In protest, Howard University students sat on the gilded horses of a Maryland merry-go-round in June 1960, and the arrests made headlines in the nascent "Sit-Down Movement."

Nearby, Jewish housing cooperative residents joined the Howard students' protest. Despite sweltering heat and violent counter-protesters from the American Nazi Party, Black students marched with white suburbanites for ten weeks. Union bosses collaborated with student leaders, young people became radicalized, and some future giants of the Civil Rights Movement were born.

While Black people could sit in the back of the bus, there Ain't No Back to a Merry-Go-Round.

This is a timely cinematic excavation of this little-known Civil Rights story. Using just-discovered archival footage, and focusing on the stories of six individuals, viewers can visualize the times when private businesses could choose their customers, and the walls between Black and white were so high that friendships were unimaginable.

* The poem "Merry Go Round" by Langston Hughes was published in 1942.

\$10 includes ticket, discussion and refreshments; \$15 at door if not sold out
Tickets and more information: jccabq.org/meeting/merry-go-round



SuccessFuel

A guide to better nutrition, fitness, and health

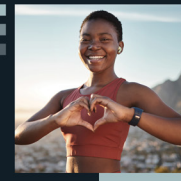
Wednesdays • Mar. 5 - Apr. 9 • 6-7pm
Member: \$120 • Non-Member: \$140

Achieve your wellness goals! After this 6-session course, with Certified Nutrition Coach, Tracee Hayden, you'll have a blueprint to achieve your goals whether it's fat loss, muscle gain, weight-loss, or maintaining your current status.

We'll go over scientifically proven strategies to help you become the healthiest version of yourself. Topics Include:

- Macronutrients: What are they & how to calculate them for your goals
- Best diet & exercise to meet your goal
- Finding healthier everyday habits
- Why people tend to fail or give up
- How sleep & stress contribute to your success
- How to build an achievable program for you

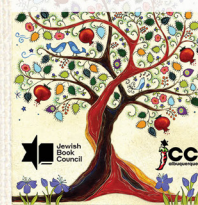
Register online at jccabq.org or visit member services
For more info, contact Susanna Pier at 505-418-4478 or susannap@jccabq.org



2024-25 BOOK FEST & AUTHOR SERIES

10 Engaging Author Events September 2024 Through June 2025

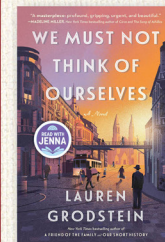
2024-25 JCC Author Series



LAUREN GRODSTEIN

We Must Not Think of Ourselves: A Novel

Sunday, 3/9/25 @ 3 pm



"This is a tender, heartbreaking novel that grapples with timeless questions." - *The New York Times*. From New York Times bestselling author Lauren Grodstein, a story inspired by a little-known piece of history in the lives of Jewish occupants of the Warsaw Ghetto in World War II. Called a "masterpiece", and as seen on The Today Show - a Read with Jenna pick. In 1940, Adam Paskow becomes a prisoner in the Warsaw Ghetto, held captive by Nazi guards, to await an uncertain fate. He's approached by a mysterious figure with a surprising request: Would he join a secret group of archivists

working to preserve the truth of what is happening inside these walls? Inspired by the testimony-gathering project with the code name Oneg Shabbat, and told with immediacy and heart, We Must Not Think of Ourselves is a piercing story of love, determination, and sacrifice

Meet Lauren Grodstein

Lauren Grodstein is the author of five novels, including the Read with Jenna selection We Must Not Think of Ourselves, New York Times bestseller A Friend of the Family and the Washington Post Book of the Year The Explanation for Everything. Lauren's work has been translated into French, Turkish, German, Hebrew, and other languages, and her essays and reviews have been widely published. She teaches in the MFA Program at Rutgers University-Camden and lives in New Jersey with her husband and children.



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Albuquerque, NM 87109
www.jccabq.org





fall in

LOVE

**with the  JCC
albuquerque**

**Throughout the month of February, join the JCC
for \$0 registration fee & get all of March FREE!**

**6 month commitment required; restrictions apply*

EVERYONE WELCOME!



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 15

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.



2024-25 ACE DONORS

Ed & Leslie Adler • Susan & Alex Bapty • David Bernstein & Erika Rimson • Kara Blattman-Rock • Igal & Debora Brener • Rabbi Paul & Susan Citrin • Barbara & Louis Druxman • Doris Duhigg • Toby Fedoravicius • Debra & Howard Friedman • Edgar Furie • Judge Lorenzo Garcia • Alan Glassman • Rona Gold • Ellen Goldstein • Anne Haines • Roberta Haynes-Sparks • Debra Heller • Gary & Penny Hoe • Dr. Sam & Susan Keith • Shelley & Herb Koffler • Lea Koshkin • Elanit Levene • Jim Lewis & Arden Lang • 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 • Joel Widman • Nancy & Ron Winger • Jane Wishner • Alonet & Peter Zandan • Jacuzzi Wellness

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.

