



The Ronald Gardenswartz Jewish Community Center

# April 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

April 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	Strength for Life Michelle	Senior Strength Leanne	Barre Fitness Tracy	Senior Strength Leanne	Lower Body Barre Dawn	Boot Camp Karen <b>(8:15am)</b>		
9:30am	Core Assets Michelle	E.S.P. Leanne	Tabata Core Sara B	Full Body Workout Leanne	Step n' Tone Dawn	 Anick	 Sheryl <b>(9:00am)</b>	
10:30am	Barre Stretch Dawn	 Bri	Barre Stretch Dawn	 Dawn	 Erica			
11:30am	Fit 2 Move Lisa				Sit n Fit Dawn <b>(10:45am in auditorium)</b>			
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](mailto: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](http://www.jccabq.org)

# Elite Studio Class Schedule

## April 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		OPEN GYM 6-8am	5520 FX* Jamie		
8:30am				Boot Camp Lolli			
9:00am	JUMP Dawn		JUMP Dawn				
10:00am						5520 FX* Staff	OPEN GYM 10:30-4
12 NOON	OPEN GYM 12-4pm	OPEN GYM 12-5pm	OPEN GYM 12-4pm	OPEN GYM 12-5pm	OPEN GYM 12-4pm		
4:30pm	JUMP Debra						
5:30pm	HIIT 30 Leanne	5520 FX* Alexis	5520 FX* Alexis	5520 FX* Alexis			
							

Group Fitness Director: Dawn LoGuercio | Contact: 505-418-4473 or [dawnl@jccabq.org](mailto:dawnl@jccabq.org)

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

\* Indicates fee-based class; must register in Member Services or at [www.jccabq.org](http://www.jccabq.org)


CLASS SCHEDULE SUBJECT TO CHANGE



# Spinning Schedule

## April 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.		<b>SPINPower</b> Steve		<b>SPINNING</b> Robin			
7:30 a.m.						<b>SPINNING</b> Robin	
8:30 a.m.		<b>SPINPower</b> Rosina		<b>SPINNING</b> Jim	<b>SPINNING</b> Tanya (8:15)		<b>SPINPower</b> Steve
9:00 a.m.						<b>SPINNING</b> Debra	
9:30 a.m.	<b>SPINPower</b> Arleen		<b>SPINPower</b> Sherri		<b>SPINPower</b> Steve		
4:30 p.m.		20/20 Debra		20/20 Rosina			
5:30 p.m.	<b>SPINNING</b> Lolli		<b>SPINPower</b> Pattie			Join Steve and Tanya on Friday, April 25 <sup>th</sup> for some fun-themed classes celebrating the 25 <sup>th</sup> anniversary of the J!	

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](mailto:dawnl@jccabq.org)

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



# Zen Studio Schedule

April 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.	Balance, Core & Stretch Anna	Simply Stretch Sherri	Pilates 101 Daniel	Balance, Core & Stretch 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 B	Pilates Core & Strength Tracy		Vinyasa Flow Yoga Annette
4:00 p.m.					Shabbat Yoga Sarah S (1 <sup>st</sup> Friday of every month only)		
6:00 p.m.	Vinyasa Flow Yoga Annette		Deep Stretch Yoga Bettina				

Group Fitness Director: Dawn LoGuercio | Contact: 505-418-4473 or [dawnl@jccabq.org](mailto:dawnl@jccabq.org)

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

All classes located in the Zen Studio inside the Brody Annex building; Please bring your own mat



# 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 &



# April 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 Tuesday & 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**

**Hallie's 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**

**Second Tuesday of every month • 12:30pm-2:00pm • \$5**

**Connect 60+ Coffee, Reel Talk.** Join us once monthly for small group screenings of a variety of documentaries followed by brief discussions.. **JCC Conference Room**

**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**

**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/](http://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**



# April 2025 Calendar of Events

## Programs by Date

**Sat. April 5th • 12:00pm-1:30pm**  
**\$20 members/\$30 nonmembers**

**Happy Feet.** Your feet are the foundation of your body, supporting you through every step, from walking to running. In this workshop, you'll learn rejuvenating release techniques, gentle stretches, strengthening, balance work, and a grounding yoga flow to nurture and care for your feet. **JCC Zen Studio**

**Tues. April 5th • 10:00am-12:00pm • \$40**

**CPR Certification Class.** Get the American Heart Association and AED certification and learn how to save a life! Course covers adult, child and infant CPR, AED and choking. **Brody Annex Room 104**

**Sun. April 6th • 9:00am-5:00pm • \$199**

**LaBlast Instructor Certification.** Become a certified LaBlast Instructor and embark on a journey to inspire others through the joy of movement! **JCC Group Fitness Studio**

**Tues. April 8th • 12:30pm-2:00pm • \$5**

**Connect 60+: Reel Talk- Live at Mr. Kelly's.** Discover how Mister Kelly's shaped American culture by launching legends like Barbra Streisand and Richard Pryor. Through interviews and live footage, this film highlights its groundbreaking role in breaking color and gender barriers in entertainment. **JCC Conference Room.**

**Wed. April 9th • 10:30am-1:30pm • Weekly**  
**\$12 program & lunch • \$6 program only**

**Connect 60+ Lunch and Learn: Rabbi Darah Lerner - 7 Life Lessons From the Holiday of Passover.** Passover is Judaism's great pedagogic experience- every moment is a teaching. Rabbi Lerner will focus on seven lessons that are especially eternal and universal. **JCC Auditorium**

**Sat. April 12th • 6:15pm-8:30pm**  
**\$40 adult (13+)/\$20 children (5-12)**

**First Night Passover Seder.** OPEN TO THE COMMUNITY! Classic Seder Meal with Wine; Concise Passover Service; Served Family Style; Catered by Rhubarb & Elliott. Bring non-perishable food to be donated to Roadrunner Food Bank serving those in need **JCC Auditorium**

**Sun. April 13th**

**JCC CLOSED - Passover.** The JCC will be closed in observance of the Passover holiday. Passover, also called Pesach, is a major Jewish holiday that celebrates the Biblical story of the Israelites' escape from slavery in Egypt.

**Wed. April 16th • 10:30am-1:30pm • Weekly**  
**\$12 program & lunch • \$6 program only**

**Connect 60+ Lunch and Learn: Cindy Brown, LBSW- It's On The Tip Of My Tongue, Dementia 101- Part 2.** Matters of memory and forgetfulness... Now that you suspect that it's more than age related memory issues, learn what steps you need to take next. Cindy will provide in depth insight about dementia and how to move forward with a possible dementia diagnosis. **JCC Auditorium**

**Sat. April 19th • 9:00am-10:00am**  
**\$75 members/\$100 nonmembers**

**Deepening T'ai Chi Chih.** In Deepening T'ai Chi Chih, we will learn the second half of the T'ai Chi Chih movement series. We will also continue to review and explore the nuances of all the movements in this gentle moving meditation practice. As we develop our whole-being awareness, Justin Stone, the originator of T'ai Chi Chih says "Joy becomes our natural heritage." **JCC Zen Studio**

**Sat. April 19th • 12:00pm-1:00pm**  
**\$75 members/\$100 nonmembers**

**T'ai Chi Chih for Beginners.** T'ai Chi Chih is a simple, meditative movement practice with 19 movements and one pose designed to balance and circulate energy. Its gentle, rhythmic motions promote relaxation and a sense of renewed energy. **JCC Zen Studio**

**Tues. April 22nd • 5:30pm-6:30pm**  
**\$149 members/\$169 nonmembers**

**42 Day Shred.** Get SHREDDED! Take charge of your health and fitness and join us for this 6-week body transformation challenge! Our trainer will push you to the limit, allowing you to put your endurance to the test and scorch the excess fat in the process. With two OUTDOOR workouts each week, body comp. measurements, nutrition accountability, and group camaraderie, this challenge will take your fitness to the next level. This program is open to all skill and ability levels. **JCC Courtyard**

**Tues. April 22nd • 10:00am-2:00pm**  
**\$75 members/\$169 nonmembers**

**Mah Jongg for Beginners.** Learn Mah Jongg, a rummy-like tile game growing in popularity worldwide. This beginner-friendly class will teach you the basics, leading to hours of fun and camaraderie. **Brody Annex Room 103 - SOLD OUT**

**Wed. April 23rd • 10:30am-1:30pm • Weekly**  
**\$12 program & lunch • \$6 program only**

**Connect 60+ Lunch and Learn: Tales & Tunes of Tin Pan Alley.** Journey down memory lane with Michael & Judy Muldawer, celebrating a simpler time when love blossomed in song, interwoven with humorous and insightful stories about the era and its music makers. The Muldawers, Michael on guitar and Judy on ukulele, will perform songs from the Great American Songbook and transport us back to the golden age of Tin Pan Alley (1900-1940), when the piano reigned supreme and the ukulele strummed its way into hearts. **JCC Auditorium**

**Fri. April 25th • Free For Members**

**Surprise Theme Spin Ride.** Join us the 25th of each month for a special surprise-themed spin ride as we celebrate the JCC's 25th anniversary! Every class will bring a new theme, high-energy music, and an unforgettable ride—so get ready to sweat, smile, and spin into the celebration!  
**JCC Spin Studio**





**Sun. April 27th • 3:00pm • \$12**

**2024-25 Book Fest - *The Great Gimmelmans* by Lee Matthew Goldberg.** From Lee Matthew Goldberg comes his fourteenth novel – an engrossing dark comedy thriller. Middle child Aaron Gimmelman watches as his family goes from a mild-mannered reform Jewish clan to having a million dollars of stolen money stuffed in their RV’s cabinets while being pursued by the FBI and loan sharks. BUCKLE UP! “Filled with passion, greed and peril, *The Great Gimmelmans* is sure to excite and enrage in equal measure. Goldberg has crafted a roller coaster of a story with captivating characters inside an irresistible plot that is not for the faint of heart. It’s dark, twisted and glorious.” – Steve Netter, *Best Thriller Books*.  
**JCC Auditorium**

**Tues. April 29th • 4:00pm-4:30pm**  
**\$50 members/\$70 nonmembers**

**Tiny Tots Art Class.** Introduce your toddler to the joy of art! This fun 30-minute session offers hands-on activities like finger painting and sticker collages, promoting creativity, fine motor skills, and sensory exploration. With a parent or guardian by their side, little ones will enjoy a colorful and engaging introduction to art! **JCC Art Studio**

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

**Connect 60+ Lunch and Learn: Deirdre Kann: *It's Jeopardy & The Category is Weird Weather.*** Extreme weather as a media topic is on the increase, and weather terms previously rarely mentioned are becoming more common. Some of these terms have been around for decades, while others have replaced more complicated, scientific terms and many have been picked up by media outlets. One thing is certain, no matter what the state of the weather is, there is a word for it. **JCC Auditorium**

## May Programs by Date

**Sat. May 3rd • 9:00am-10:00am**  
**\$50 members/\$65 nonmembers**

**Intro to Rucking.** Discover the benefits of rucking—a low-impact, full-body workout that combines hiking with a weighted backpack. This 6-week program, led by expert rucker and certified personal trainer Joe Beman, is perfect for outdoor enthusiasts of all fitness levels. The first session meets at the JCC on May 3rd at 9 AM, with following sessions at scenic outdoor locations. Bring your own backpack—weights provided while supplies last!  
**Various Locations**

**Sat. May 3rd • 9:00am-10:00am**  
**\$99 members/\$129 nonmembers**

**Strongman Training.** Unleash your inner beast in this high-powered Strongman class, where you’ll lift, carry, push, and pull your way to total strength. Designed for all fitness levels, this class builds real-world strength with challenging, fun exercises like flipping tires and dragging chains. **JCC Elite Studio**

**Wed. May 7th • 10:30am-1:30pm • Weekly**  
**\$12 program & lunch • \$6 program only**

**Connect 60+ Lunch and Learn: Mortality in Popular Culture .** Join death educator Gail Rubin for a thought-provoking session using film clips to explore estate and funeral planning with humor and insight. Test your preparedness with *The Newly-Dead Game* and learn how to reduce stress, save money, and plan for “a good goodbye.” **JCC Auditorium**

# Mission Possible *Capital Campaign*

*This multi-phase development effort will renovate several areas of the JCC campus*

**You can Expect:**

- New Pickleball Courts
- An Interactive Splash Pad
- Updated Locker Rooms
- Preschool (FEC) Expansion
- Updated Cafe & Game Area

**We're  
Halfway  
to our  
Goal!**





# HAPPY FEET

Saturday, April 5th  
Noon-1:30pm

Members \$20 | Non-Members \$30

### Treat your tired feet!

Your feet are your foundation, and foot function has a massive impact on the rest of your body. From walking the dog to your yoga practice to running a marathon, your feet support you every step of the way. Here is your opportunity to give them the attention and care they deserve so they can continue to carry you through life. In this workshop, you'll experience rejuvenating release techniques, gentle stretches and strengthening, balance work, and a grounding yoga flow bringing awareness to your foundation.

Happy Feet will leave you feeling refreshed from the ground up.

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



# LABLAST Instructor Certification

Sunday, April 6th • 9am-5pm

\$199, if you sign up by March 23rd  
(\$249 afterwards)

Become a certified **LaBlast Instructor** and embark on a journey to inspire others through the joy of movement!

Register now and let the rhythm of your passion lead the way.



Register online at [lablastfitness.com](http://lablastfitness.com)

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



# CPR

## Certification Class



Saturday, April 5<sup>th</sup> 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



## DEEPENING T'ai Chi Chih

SATURDAYS | 9 AM TO 10 AM | 4/19 TO 5/24  
MEMBERS - \$75 | NON-MEMBERS - \$100



Pre-Requisite: This class is open to anyone who has taken T'ai Chi Chih for Beginners and is eager to go deeper.

In Deepening T'ai Chi Chih, we will learn the second half of the T'ai Chi Chih movement series. We will also continue to review and explore the nuances of all the movements in this gentle moving meditation practice. As we develop our whole-being awareness, Justin Stone, the originator of T'ai Chi Chih says, "Joy becomes our natural heritage."

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



# T'ai Chi Chih

## For Beginners

Saturdays, April 19 to May 24  
12-1pm

Member: \$75  
Non-Member: \$100



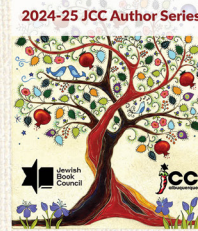
T'ai Chi Chih – Joy Thru Movement is an easy-to-learn moving meditation series of 19 movements and 1 pose designed to balance and circulate the body's natural energy or "chi." In T'ai Chi Chih, the concentration is placed in the soles of the feet as we flow forward and back or side-to-side. While no particular effect is guaranteed, the rhythmic and focused movements cultivate a feeling of being relaxed yet gently energized, like that of having taken an internal bath. A perfect antidote to the stresses of daily life! All are welcome!

Register online at [jccabq.org](http://jccabq.org) or visit member services.  
For more information, contact Dawn LoGuercio at 505-418-4473 or [dawnl@jccabq.org](mailto:dawnl@jccabq.org)



## 2024-25 BOOK FEST & AUTHOR SERIES

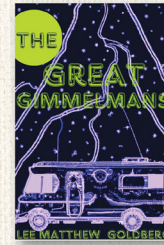
10 Engaging Author Events September 2024 Through June 2025



### LEE MATTHEW GOLDBERG

*The Great Gimmelmans: A Novel*

**Sunday, 4/27/25 @ 3 pm**



"An engaging dark comedy about the dangers of family ties." - *Kirkus Reviews*. From Lee Matthew Goldberg comes his fourteenth novel - an engrossing dark comedy thriller. Middle child Aaron Gimmelman watches as his family goes from a mild-mannered reform Jewish clan to having a million dollars of stolen money stuffed in their RV's cabinets while being pursued by the FBI and loan sharks. BUCKLE UP! "Filled with passion, greed and peril, *The Great Gimmelmans* is sure to excite and enrage in equal measure. Goldberg has crafted a roller coaster of a story with captivating characters inside an irresistible plot that is not for the faint of heart. It's dark, twisted and glorious." - Steve Netter, *Best Thriller Books*

#### 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](http://jccabq.org/bookfest)  
or call 505-418-4469

#### Questions & More Info

Email [cultural@jccabq.org](mailto:cultural@jccabq.org)

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

5520 Wyoming Blvd. NE  
Albuquerque, NM 87109  
[www.jccabq.org](http://www.jccabq.org)

#### Meet Lee Matthew Goldberg

Lee Matthew Goldberg, author of fourteen novels translated into multiple languages, has been published in multiple languages. He was a finalist for an Anthony Award, and nominated for the Prix du Polar. After graduating with an MFA from the New School, his writing has also appeared as a contributor in *CrimeReads*, *Pipeline Artists*, *LitHub*, *The Los Angeles Review of Books* and many others.



## Tiny Tots Art Class

Tuesdays from 4:00pm - 4:30 pm  
April 29th, May 6th, & May 13th  
\$50 Members | \$70 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](mailto:alysaa@jccabq.org)

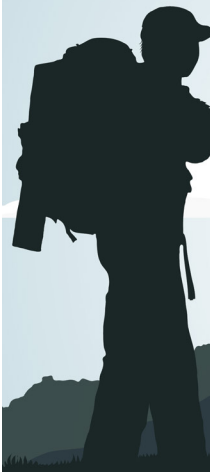


## Intro to RUCKING

Meets Saturdays 9am  
May 3 - June 7

This is a 6-week program  
with the intention of starting  
a JCC Rucking Club

Members: \$50  
Non-Members: \$65



### The World is your gym, when you're rucking!

Intro to Rucking is a 6-week program aimed at starting a JCC Rucking Club. The first session is on May 3rd at 9 a.m. at the JCC. Bring your own backpack; we'll provide weights (while supplies last). The remaining five sessions will take place at various outdoor locations chosen by Joe Beman, a certified personal trainer and expert rucker. Join us and experience the great outdoors!



SATURDAY  
APRIL 12  
5785-2025

6:15-8:30pm (doors at 5:45pm)



*First Night*  
**Passover**  
**Seder**

*all are welcome*

The Seder will be led by:

***Rabbi Min Kantrowitz***

Havdalah Begins the Evening

Concise Passover Seder

Classic Seder Meal with Wine

(vegetarian & gluten free options)

Adults: \$40

Children (5-12):\$20

Tickets at [jccabq.org](http://jccabq.org)



Catered by Ruth Rosenshtein's  
**Rhubarb & Elliott**



Jewish  
Care  
Program



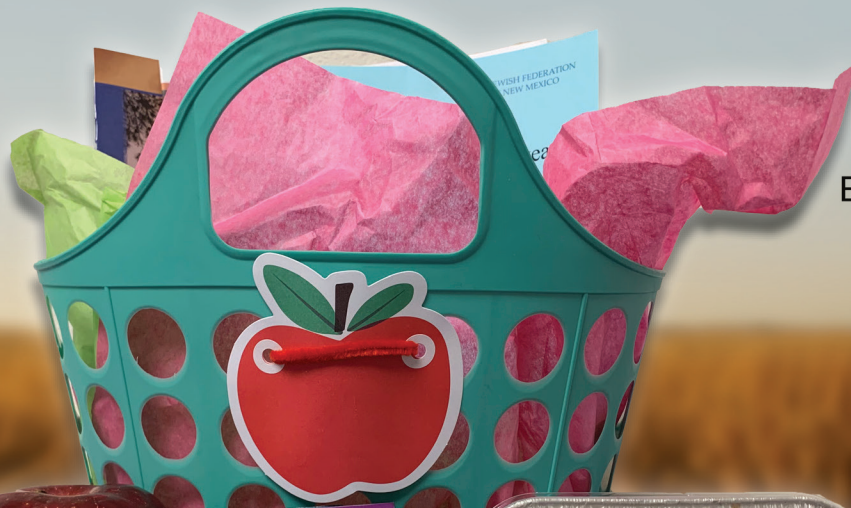
# Holiday Baskets

Every year, the JCC's Jewish Care Program (JCP) assembles 75 individual gift baskets as part of their greatest outreach effort for the Jewish holidays of Passover, Rosh Hashanah, and Chanukah. Each basket is delivered by volunteers and JCP staff to isolated Jewish seniors and Holocaust survivors across Albuquerque, Santa Fe, and other parts of New Mexico.

The Holiday Basket Outreach is a beautiful opportunity to bring joy, meaning, comfort, and connection to those most vulnerable in our Jewish community. Each basket costs just around \$20—a small gift that makes a big impact!

**Kindly consider sponsoring a basket today!**

Scan QR Code  
To Donate



For more info:  
Emily Blaugrund Fox  
505-418-4471  
emilyf@jccabq.org



# Acute grief & LOSS SUPPORT GROUP

A FREE SERVICE PROVIDED BY

Jewish  
Care  
Program 

Navigating the loss of a loved one can feel overwhelming. This support group offers a safe and compassionate space to share, connect, and find comfort with others who understand. Join us for guided conversations and support in your healing journey.

**TO REGISTER CONTACT**

**Jen Dennis, JCP Director at (505)348-4443 or [jend@jccabq.org](mailto:jend@jccabq.org)**

*Volunteer to be a*

# Host Family

## *Host a Camp Chai Counselor Embrace a Cross-Cultural Exchange*

Hosting an international camp counselor is more than just welcoming a guest—it's an opportunity to foster cross-cultural understanding and make lasting connections. This summer, the JCC is thrilled to welcome two camp counselors from Israel, and we're looking for local families to host them. By opening your home, you'll be part of an enriching exchange that connects your family to the broader Jewish diaspora while creating memories that will last a lifetime. Join us in making this summer unforgettable for both our campers and our counselors!

**For 2 weeks between  
May 29th to August 2nd**

Host families provide:



A Private Bedroom



All of their meals



Transportation



Inclusion in the family

\*for one or both counselors



For more information contact  
Alyssa Atias, Youth & Family Director  
alyssaa@jccabq.org • (505)418-4480

# Open Pickleball

**Tuesdays: 10am-12pm**

**Wednesdays ( <sup>Beginner/</sup>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](mailto:debrab@jccabq.org)

**\$35 (members only)**



# 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.

