



The Ronald Gardenswartz Jewish Community Center

May 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

May 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 Sandi	Lower Body Barre Dawn	Boot Camp Karen (8:15am)	
9:00am (begins May 12)	Aqua Fitness Bettina	 Dawn	 Bri	Aqua Fitness Cody	Aqua Fitness Michelle	Aqua Fitness Cody/Moses	
9:30am	Core Assets Michelle	E.S.P. Leanne	Tabata Core Sara B	Muscle 50 Dawn	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			
6:00pm (begins May/12)	Aqua Fitness Moses		Aqua Fitness Irene				
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

May 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* Ashley (5:45am)	OPEN GYM 6-8am	5520 FX* Jamie		
8:30am				Boot Camp Lolli		STRONGMAN TRAINING* Alexis (8:45am) May 3-June 7	
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				5520 FX* Ashley (4:45)		
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

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

May 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			It's time to enjoy the sounds of Muscle Shoals with Steve on the 25 th as part of celebrating 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, 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

May 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 Anna	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 Sara U
4:00 p.m.					Shabbat Yoga Sarah S (1 st Friday of every month only)		
6:00 p.m.	Vinyasa Flow Yoga Anna		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




**Ronald Gardenswartz Jewish Community Center
Max and Ruth Pollack Aquatic Complex Summer Schedule**

May 12th-June 1st
Competition Pool

Competition Pool						
Sunday 8am-4pm	Monday 5:30am-8pm	Tuesday 5:30am-8pm	Wednesday 5:30am-8pm	Thursday 5:30am-8pm	Friday 5:30am-5pm	Saturday 8am-4pm
Lap Swim 8:00am-4:00pm	Lap Swim 5:30am-8:00pm	Lap Swim 5:30am-8:00pm	Lap Swim 5:30am-8:00pm	Lap Swim 5:30am-8:00pm	Lap Swim 5:30am-5:00pm	Lap Swim 8:00am-4:00pm
		Adult Swim League 6:00 AM-7:00AM (3 Lanes Open)		Adult Swim League 6:00 AM-7:00AM (3 Lanes Open)		
Learn to Swim 8:00am-12:00pm (3 Lanes Open)	Aquaerobics 9:00am-10:00am (2 Lanes Open)	Aquaerobics 9:00am-10:00am (2 Lanes Open)	Aquaerobics 9:00am-10:00am (2 Lanes Open)	Aquaerobics 9:00am-10:00am (2 Lanes Open)	Aquaerobics 9:00am-10:00am (2 Lanes Open)	Aquaerobics 9:00am-10:00am (2 Lanes Open)
FamilySwim 12:00pm-4:00pm (3 Lanes Open)	Family/Lap Swim 4:00pm-6:00pm (3 Lanes Open)	Stroke Clinic* 4:00pm-4:45pm (2 Lanes Open)	Family/Lap Swim 4:00pm-6:00pm (3 Lanes Open)	Stroke Clinic* 4:00pm-4:45pm (2 Lanes Open)	Family/Lap Swim 4:00pm-5:00pm (3 Lanes Open)	FamilySwim 12:00pm-4:00pm (3 Lanes Open)
Do you have any aquatics questions? Contact Riley Simpson, Aquatics Director 505-418-4457	Aquaerobics 6pm-7pm (2 Lanes Open)	Swim Team* Practice 4:45pm-7:00pm (2 Lanes Open)	Aquaerobics 6pm-7pm (2 Lanes Open)	Swim Team* Practice 4:45pm-7:00pm (2 Lanes Open)		Family/Lap Swim 4:00pm-5:00pm (3 Lanes Open)
	Adult Swim League 7:00pm-8:00pm (3 Lanes Open)		Adult Swim League 7:00pm-8:00pm (3 Lanes Open)			
*Stroke Clinic and Swim Team Start Tuesday May 6th, 2025 **Aqua Aerobics to begin May 12th For the most up-to-date lane reservsion availabilty please go to https://jccabq.org/pool-schedule/						

Therapy Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Learn to Swim 8:00am-12:00pm (Pool Closed)	Pool Closed 5:30 AM-4:00 PM	Pool Closed 5:30 AM-4:00 PM	Pool Closed 5:30 AM-4:00 PM	Pool Closed 5:30 AM-4:00 PM	Pool Closed 5:30 AM-4:00 PM	Pool Closed 8:00 AM-12:00PM
Family Swim 12:00pm-4:00pm	Family Swim 4:00pm-8:00pm	Family Swim 4:00pm-8:00pm	Family Swim 4:00pm-8:00pm	Family Swim 4:00pm-8:00pm	Family Swim 4:00pm-5:00pm	Family Swim 12:00pm-4:00pm
	<p align="center">Learn-To-Swim at the JCC! For more information about our swim lessons go to www.jccabq.org or call Riley Simpson, Aquatics Director at 505-418-4457 or email at rileysim@jccabq.org</p>					

Memorial Day (May 26th): 8:30 AM-3:00 PM



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 &



May 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

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

Connect 60+ Reel Talk. Join us once a month for small group screenings of a variety of documentaries followed by brief discussions. **JCC Brody Annex - Room 104**

Tuesdays & Thursdays • 6:30pm-7:30pm

12 sessions • \$149 members/\$169 nonmembers

Bodies by Ikaa 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 • 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**

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

****As of June, we move into our summer programming. Due to the JCC's Camp Chai, our summer day camp, Sit 'n' Fit will be on hiatus until early August. Please join us for "Walk this Way", Fridays 10:30-11am**

Every Friday • FREE - Preregistration Required

JCP Acute Grief & Loss Support Group. 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. To find out more and register contact Jen Dennis at 505-348-4443 or jend@jccabq.org.

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

Various Days/Times/Price Options

Visit jccabq.org/reformer-pilates/ for more info

Pilates Reformer Classes. Held in our beautiful, boutique-style studio, these small-group classes (max 5 participants) offer personalized instruction using the Pilates Reformer — a versatile machine designed to build strength, flexibility, and better posture. Great for all fitness levels, from beginners to athletes! For more information contact Dawn LoGuercio at 505-418-4473 or dawnl@jccabq.org.

JCC Pilates Studio



May 2025 Calendar of Events

Programs by Date

Sat. May 3rd • 9:00am-10:00am

\$50 members/\$65nonmembers

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. Bring your own backpack—weights provided while supplies last!

Various Locations.

Sat. May 3rd • 9:00am-10:00am

\$99 members/\$129nonmembers

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.

Sun. May 4th • 12:30pm-2:15pm • FREE

Yom Ha'atzmaut - Israel Independence Day. Join us for a festive afternoon of music, food, and fun as we celebrate Yom Ha'atzmaut. Enjoy live performances, community connection and Israeli cuisine (available for purchase).

JCC Auditorium.

Mon. May 5th • Various Days/Times/Price Options

Visit jccabq.org/meeting/adult-swim-league/ for more info

Adult Swim League. This program is for intermediate to advanced swimmers to have the opportunity to work with a swim coach to improve their technique and meet other individuals interested in the world of swimming. Great for those training for triathlons, open water swims, or just those looking for a chance to swim. **JCC Aquatics Complex**

Tue. May 6th • 4:00pm-4:45pm

\$165 members/\$205 non-members

Pre-Swim Team Skills and Drills Clinic. Learn to improve your stroke technique for swim season! This is a great way to see if swim team would be a good fit for your child. This clinic is open to kids ages 5-18 who have a beginning to intermediate swimming level. If a swimmer decides to continue from this clinic to the ORCAs Swim Team, the cost of the clinic will be rolled into the cost of swim team.

JCC Aquatics Complex

Tue. May 6th • Various Days/Times/Price Options

Visit jccabq.org/orcas-swim-team/ for more info

Orcas Swim Team. The JCC Orcas Swim Team is a competitive and fun team open to ages 5-18. We are a part of the Sundance Swim League and compete with other clubs around the state at swim meets held weekly. Swimmers must be able to swim one length of the pool without assistance. **JCC Aquatics Complex**

Wed. May 7th • 10:30am-1:30pm • Weekly

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

Connect 60+ Lunch and Learn: Mortality in Popular Culture. No one wants to talk about death, but it's everywhere in movies and TV shows. Join pioneering and upbeat death educator Gail Rubin as she presents film clips that illustrate thought-provoking ideas about estate planning, funeral planning and just generally planning for our 100% mortality rate. **JCC Auditorium**

Sun. May 11th

Mother's Day. The JCC wishes all mothers and mother figures in our community a Happy Mother's Day!

Monday, May 12th • Free for members

Aqua Fitness Classes Begin. Join a variety of instructors each week for this low-impact, high-energy and FUN way to exercise. **JCC Aquatics Complex**

Wed. May 14th • 10:30am-1:30pm • Weekly

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

Connect 60+ Lunch and Learn: Movie Matinee - Book Club.

Four longtime friends and book club members have their lives upended when they aim to spice up their routines with their latest book selection. With newfound confidence, they each begin to come alive as exciting romances are ignited and old flames are rekindled. Programming Notes: Adjusted & Extended Schedule / Burrito Bowl Breakfast Buffet will be served 11-11:15am. **JCC Auditorium**

Sun. May 18th • 10:30am-12:00pm • \$20

Bagels & Jazz featuring HILLARY SMITH QUARTET. 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. May 18th • 3:00pm • \$12

2024-25 Book Fest: Mahjong at Mara's by Debra Green visiting us from New Jersey. A bighearted novel, Mahjong at Mara's illustrates the road to understanding by the patchwork of people who make up suburban America. All their lives take surprising turns that raise questions about the concepts of family, loyalty, and love. **JCC Auditorium**

Wed. May 21st • 10:30am-1:30pm • Weekly

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

Connect 60+ Lunch and Learn: Cindy Brown, LBSW - Myths & Facts About Aging. Many of the myths about aging stem from popular misconceptions. Cindy will help debunk myths from facts and provide valuable tips. These tips can help you maintain your physical and emotional health, and continue to thrive, whatever your age or circumstances. The truth is that you are stronger and more resilient than you may realize. **JCC Auditorium**

25
YEARS

Sun. May 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

Mon. May 26th

Memorial Day. The JCC will be on an abbreviated schedule, open 8am to 4pm, in observance of this national holiday. See our website for more details

Mon. May 26th • 9:00am • FREE for Members

MURPH. Join us in honoring Navy Lt. Michael Murphy with a special Hero workout led by 5520 FX Coach Alexis Cintron. The workout will include a 1-mile run, 100 pullups, 200 pushups, 300 squats and another 1-mile run. All fitness levels welcome and modifications available!

Wed. May 28th • 10:30am-1:30pm • Weekly \$12 program & lunch • \$6 program only

Connect 60+ Lunch and Learn: Luau Lunch: Time to Get Your Hula On. Celebrate the start of summer with a tropical adventure! Join us as Lehua Lopez, a Kanaka Maoli (native Hawaiian), teaches us all about the art of Hula. Be ready to follow along and move those hips. Don't forget to wear your most festive island-wear and dancing shoes. **JCC Auditorium**

June Programs by Date

Sun. June 1st • 3:00pm • \$12

2024-25 Book Fest: Saying Inshallah with Chutzpah by Jessica Keith visiting us from San Diego. From floundering to navigating, this gefilte-fish-out-of-water story follows the unorthodox path of a Jewish woman working for a Muslim government. The culture was unfamiliar territory—with a lot to unpack—she felt lost in translation.

JCC Auditorium

Sun. June 1st • Various Days/Times/Price Options Visit jccabq.org/orcas-swim-team/ for more info

Group Swim Lessons. Our group swim lessons are designed for all skill levels, from beginners to advanced swimmers. Taught by certified instructors in a supportive and fun environment, participants build confidence, improve technique, and develop lifelong water safety skills. Small class sizes ensure personalized attention and steady progress. **JCC Aquatics Complex**

Mon. June 2nd • 6:30pm

\$99 members/\$120nonmembers

Need for Speed. This is a 4-week speed clinic for competitive athletes ages 14-18. Whether you're on the track, the field, or the pitch — every step counts. Gain that crucial edge over your opponent with this high-intensity clinic focused on explosive power for sprinting, speed mechanics and technique, performance focused training for all sports. Led by Coach Erik Werkhoven, this program is designed to help you move faster, react quicker, and perform at your peak. **JCC Elite Studio.**

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!



STRONGMAN TRAINING

UNLEASH YOUR INNER BEAST

Saturdays at 8:45am

May 3rd - June 7th

\$99 Members | \$129 Non-Members

This high-powered class is more than just lifting - it's about pushing your limits and building real-world strength.

Get ready to:

- Hoist heavy weights
- Drag chains
- Flip tires
- Push sleds
- And more

Whether you're a total beginner or an experienced lifter, this class is designed to challenge and empower every fitness level. It's not about being Superman, it's about becoming your strongest self.

Build Strength. Build Grit. Have a Blast.



Register now at jccabq.org

For questions contact Susanna Pier at (505)418-4478 or susannas@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!



Yom Ha'atzmaut

Celebrating
Israel
Independence
Day

May 4th
12:30-2:30pm

JCC ABQ
5520 Wyoming Blvd NE
ABQ, NM 87109

Don't miss this celebration of
Israeli culture and tradition!

Join us for a festive afternoon of music, food, and fun as we celebrate Yom Ha'atzmaut! Enjoy live performances, community connection, and Israeli cuisine (available for purchase).

12:30 - Join the weekly Run For Their Lives gathering
1:00 - Welcome remarks
1:15 - Singing and Dancing; Crafts/Games for kids
2:15 - Event Wrap Up

Free Event
RSVP Required
Email may4@jccabq.org



Bagels & Jazz

Hillary Smith Quartet
Sunday, May 18th • 10:30 to Noon
Concert • Bagels • Schmear • Mimosas

SPRING FLING



HILLARY IS BACK TO CELEBRATE SPRING!

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

2024-25 JCC Author Series



DEBRA GREEN

Mahjong at Mara's: A Novel

Sunday, 5/18/25 @ 3 pm

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

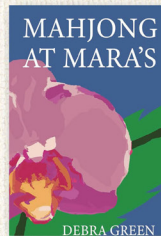
Visit jccabq.org/bookfest
or call 505-418-4469

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



A bighearted novel with an endearing and diverse cast of characters, *Mahjong at Mara's* illustrates the bumpy ride to understanding experienced by the complicated patchwork of people who make up suburban America. After losing the love of her life on 9/11, Lila, a nurse aide, and her teenage son Dante find solace in unlikely companions—a group of Mahjong-playing octogenarians. There's Lila's client Thea, struggling with Alzheimer's, and her sweet husband, Joseph; Mali, a lonely Holocaust survivor living far away from her only daughter; childless and recently widowed Frank; and the persnickety, divorced Gladys. When Brian, a duplicitous new neighbor, and Dante's friends Rashon and Giselle, join the mix, all their lives take surprising turns that raise questions about the concepts of family, loyalty, and love.

Meet Debra Green

Debra Green, author of *Mahjong at Mara's* and *The Convention of Wives*, has always been drawn to good storytelling, especially historical novels and Broadway musicals. A graduate of Columbia University's Mailman School of Public Health and Rutgers University, this former hospital administrator and fundraiser can be found in her ever-expanding vegetable garden when not writing, reading, or traveling. She and her husband live in New Jersey where they raised their three children.

Learn more at debragreenwriter.com



2024-25 BOOK FEST & AUTHOR SERIES

10 Engaging Author Events September 2024 Through June 2025

2024-25 JCC Author Series



JESSICA KEITH

Saying Inshallah with Chutzpah: A Memoir

Sunday, 6/1/25 @ 3 pm

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

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All events at the JCC. Ticket
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5520 Wyoming Blvd. NE
Albuquerque, NM 87109
www.jccabq.org

From floundering to navigating, this gefilte-fish-out-of-water story follows the unorthodox path of a Jewish woman working for a Muslim government. "Marrying one woman is like eating chicken every day for the rest of your life," the cultural attaché—a.k.a. my boss—warned the week before my Jewish wedding. I replied, "I like chicken." Jessica Keith never believed she could walk down an aisle. With crippling anxiety fueled by unpredictable panic attacks, she said, "I can't" so many times she never thought she'd say "I do." After finally setting a wedding date, to Tyrone, her beau of eight years, Jessica made the impulsive decision to move away, accepting an offer to work for the Consulate of Kuwait in Los Angeles. The culture was unfamiliar territory—with a lot to unpack—she felt lost in translation. Adrift in life and at work, nothing seemed to go right. When the rabbi refused to perform an interfaith ceremony, and her grandmother warned, "You can't marry a Black man," rather than speak up, Jessica found it easier to bite her tongue. But when she hears on the job, "Jews need not apply," it shatters her faith in herself. While illuminating the depths of anxiety and love, Jessica must find the resilience it takes to persevere.

Meet Jessica Keith

Jessica Keith is thrilled to come 'home' to Albuquerque, where she grew up—and is the setting of many scenes in her memoir. She is a professor at San Diego State University, in the Department of Journalism and Media Studies. She has worked for two foreign governments at the Embassy of Spain and The Consulate of Kuwait. She has been published in the New York Times, Kveller, McSweeney's, The Nosh, Scary Mommy and featured on NPR. Jessica lives in California with her beshert and their three children, the family's first generation of Black-Jews.

www.jessicakeithwriter.com



NEED FOR SPEED

4-WEEK SPEED CLINIC FOR COMPETITIVE ATHLETES AGES 14-18



MONDAY & WEDNESDAYS AT 6:30PM • 6/2 - 6/25
\$99 - MEMBERS • \$120 NON-MEMBERS

Whether you're on the track, the field, or the pitch — every step counts. Gain that crucial edge over your opponent with this high-intensity clinic focused on explosive power for sprinting, speed mechanics and technique, performance-focused training for all sports. Led by Coach Erik Werkhoven, this program is designed to help you move faster, react quicker, and perform at your peak.

FOR QUESTIONS CONTACT SUSANNA PIER AT (505)418-4476 OR SUSANNAP@JCCABQ.ORG



Acute grief & LOSS SUPPORT GROUP

A FREE SERVICE PROVIDED BY

Jewish
Care
Program **JCP**

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. Whether your loss is recent or you're struggling with intense emotions, you are not alone. 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



6 VS 6 INDOOR

MEN'S VOLLEYBALL LEAGUE



JUNE 2ND - AUGUST 4TH

8 WEEKS + SINGLE ELIMINATION TOURNAMENT

MONDAYS AT 6, 7, 8, & 9PM

\$500 PER TEAM

COMPETITIVE PLAY

INTERMEDIATE TO ADVANCED SKILL LEVELS

Ready to bring the heat? Rally your team and hit the court for an electrifying season of volleyball! Whether you're here for the competition or the camaraderie, it's time to serve up some fun and fierce play.

SPOTS ARE LIMITED TO 16 TEAMS

To register your team contact

Debbie Blackerby

(505)418-4460

debrab@jccabq.org



6 VS 6 INDOOR

WOMEN'S VOLLEYBALL LEAGUE



JUNE 5TH - AUGUST 7TH

8 WEEKS + SINGLE ELIMINATION TOURNAMENT

THURSDAYS AT 6, 7, 8, & 9PM

\$500 PER TEAM

COMPETITIVE PLAY

INTERMEDIATE TO ADVANCED SKILL LEVELS

Ready to bring the heat? Rally your team and hit the court for an electrifying season of volleyball! Whether you're here for the competition or the camaraderie, it's time to serve up some fun and fierce play.

SPOTS ARE LIMITED TO 16 TEAMS

To register your team contact

Debbie Blackerby

(505)418-4460

debrab@jccabq.org



WE ARE HIRING SUMMER CAMP COUNSELORS

We are looking for:

- Positive role models who love working with kids
- Energetic and team-oriented individuals
- Available for training & full summer commitment

Why work with us:

- Competitive pay
- Leadership & teamwork experience
- A summer full of fun & adventure

Scan Here
to Apply



For questions or more information please contact
Matt Westerlund, Camp Director, at mattw@jccabq.org



WE'RE HIRING LIFEGUARDS

Make a splash this summer by joining the JCC Aquatics Team and spend your summer poolside while making a difference in the community!

Why Work With Us:

- Flexible hours
- A fun, supportive work environment
- FREE JCC membership
- Opportunity to gain valuable leadership & lifesaving skills

APPLY TODAY AT

JCCABQ.ORG/JOB-OPPORTUNITIES/

Not lifeguard certified?
We will certify you!

For questions contact:

Riley Simpson - Aquatics Director

(505)418-4457

rileysim@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

DIVE IN MOVIE

FREE FOR
MEMBERS

RSVP @
JCCABQ.ORG or
MEMBERSERVICES



Thursday, June 12th
5:30 PM - 10:00 PM

The pool opens at 5:30 PM, food trucks arrive at 6 PM, and the movie starts at dusk!

Enjoy live music, entertainment, and games from King Mobile Music before the movie. Bring your floaties, lawn chairs, and picnic blankets for the ultimate comfort.

**SMALL FLOATIES ARE RECOMMENDED TO ENSURE EVERYONE HAS A GREAT VIEW AND PLENTY OF SPACE TO ENJOY THE MOVIE IN THE POOL

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)

J FORWARD



THE FUTURE STARTS WITH YOU

NO gift is too small! Your donation supports programs, operations, and services for people of all ages, faiths, and nationalities. Your gift will impact people in all ages and stages of life, from children to seniors. Programming is impacted in the areas of Fitness & Wellness; Arts, Culture and Education; Jewish Care Program (JCP); Tikkun Olam; Community Garden; FEC daycare & preschool; Summer Camps; Youth & Young Family Engagement and more.



Life & Legacy is a program dedicated to ensuring YOUR JCC is here every Day, Every Week, Every Month, Every Year for generations to come. Please contact Emily Blaugrund Fox (505-418-4471 or emilyf@jccabq.org) to discuss how you can become a member of the Life & Legacy program through your estate plan.

Donations can be made directly through our website at jccabq.org. If you have questions regarding the impact of your gift, or other ways to make a donation, please contact Emily Blaugrund Fox (505-418-4471/emilyf@jccabq.org).



Serving New Mexico's Jewish Community

The Jewish Care Program (JCP) is dedicated to the well-being of our most vulnerable community members, moving them from isolation to connection.

JCP provides supportive social services to the Jewish and broader community with a focus in Albuquerque to include client care services, referrals to community resources, financial assistance, and spiritual and emotional support.

If you or someone you know needs support, please reach out to JCP at 505-348-4443 or jend@jccabq.org.



Enable the J to continue to provide JCP's services to all who need them. Scan the QR code or visit jccabq.org to donate now!

Engage By Giving



The ACE Department offers our community unparalleled and compelling programs, classes, and events which inform, educate, entertain, and inspire. ACE is passionate about enriching the general and Jewish community by consistently offering high-quality, robust programming. ACE provides financial assistance on a weekly basis to those in need. Registration fees and ticket prices simply do not cover all expenses!

This is where YOU come in! 100% of your donation supports ACE programming. By becoming an ACE Supporter, you enable the JCC to enhance existing ACE programs and provide new ones for Albuquerque and nearby communities.

YES! I want to support ACE programming

LEVEL	AMOUNT	# TICKETS
Diamond	\$2500+	12
Platinum	\$1000+	8
Gold	\$500+	4
Silver	\$250+	2
Pearl	\$100+	1



*Tickets can be used to attend any ACE event per year (excluding meals)

Scan QR code or visit jccabq.org to donate.



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 Wasylenko • 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.

