



The Ronald Gardenswartz Jewish Community Center

# June 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

June 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	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						
4:30pm		Barre Stretch Sherri					
5:30pm	Muscle 50 Pattie	Full Body Workout Lolli	Interval Training Karen	Strength & Conditioning Karen			
6:00pm	Aqua Fitness Moses		Aqua Fitness Irene				
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

## June 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	OPEN GYM 6-8am	5520 FX* Jamie		
8:30am				Boot Camp Lolli			
9:00am	JUMP Dawn		JUMP Dawn				
10:00am				Balancing Hope*		5520 FX* Staff	OPEN GYM 10:30-4
12 NOON	OPEN GYM 12-1:30	OPEN GYM 12-1:30	OPEN GYM 12-1:30	OPEN GYM 12-1:30	OPEN GYM 12-4pm		
1:30pm	CAMP CHAI	CAMP CHAI	CAMP CHAI	CAMP CHAI			
4:30pm	JUMP Debra				5520 FX* Ashley (4:45)		
5:30pm	HIIT 30 Leanne	5520 FX* Alexis	5520 FX* Alexis	5520 FX* Alexis			
6:30pm	Need for Speed*	Power Lab*	Need for Speed*	Power Lab*			

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

## June 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		<b>CHECK THIS OUT !</b>  Join us on June 27!	
5:30 p.m.	 <b>SPINNING</b> Lolli		<b>SPINPower</b> Pattie				

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

June 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 <sup>st</sup> Friday of every month only)		
6:00 p.m.	Vinyasa Flow Yoga Anna		Deep Stretch Yoga Bettina		 <p><b>Celebrate International Day of Yoga</b> Outdoor Yoga class + Sound Bath Experience with Sara U'keiley</p> <p><b>Saturday, June 21st at 9am</b> Join us for a transformative outdoor experience in honor of our national Day of Yoga! This special session led by Sara U'keiley combines gentle yoga with a sound bath: an immersive journey of sound and vibration designed to promote deep relaxation and healing. All levels are welcome. Please bring a yoga mat and water bottle.</p> <p>Experience the calming tones of: • Crystal and metal singing bowls • Tibetan drums • Koshi chimes</p> <p>SCAN HERE TO REGISTER NOW</p>		

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




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

June 2nd-July 20th  
 Competition Pool

Sunday 8:00am-4:00pm	Monday 5:30am-8:00pm	Tuesday 5:30am-8:00pm	Wednesday 5:30am-8:00pm	Thursday 5:30am-8:00pm	Friday 5:30am-5:00pm	Saturday 8:00am-4:00pm
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
	Swim Team Practice 7:00am-9:00am (2 Lanes Open 7am-8am)	Adult Swim League 6:00am-7:00am (3 Lanes Open)	Swim Team Practice 7:00am-9:00am (2 Lanes Open 7am-8am)	Adult Swim League 6:00am-7:00am (3 Lanes Open)	Swim Team Practice 7:00am-9:00am (2 Lanes Open 7am-8am)	
Learn to Swim 8:00am-12pm (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)
Family/Lap Swim 12:00pm-4:00pm	Learn to Swim 10:00am-12:00pm (2 Lanes Open)	Learn to Swim 10:00am-12:00pm (2 Lanes Open)	Learn to Swim 10:00am-12:00pm (2 Lanes Open)	Learn to Swim 10:00am-12:00pm (2 Lanes Open)	Lap Swim 10:00am-12:00pm	Lap Swim 10:00am-12:00pm
	Camp Rec Swim 12:00pm-1:30pm	Camp Rec Swim 12:00pm-1:30pm	Camp Rec Swim 12:00pm-1:30pm	Camp Rec Swim 12:00pm-1:30pm	Family/Lap Swim 12:00pm-5:00pm (3 Lanes Open)	Family/Lap Swim 12:00pm-4:00pm
	Family/Lap Swim 12:00pm-6:00pm (3 Lanes Open)	Family/Lap Swim 12:00pm-4:30pm (3 Lanes Open)	Family/Lap Swim 12:00pm-6:00pm (3 Lanes Open)	Family/Lap Swim 12:00pm-4:30pm (3 Lanes Open)		
	Aquaerobics 6:00pm-7:00pm (2 Lanes Open)	Swim Team Practice 4:30pm-7:15pm (2 Lanes Open)	Aquaerobics 6:00pm-7:00pm (2 Lanes Open)	Swim Team Practice 4:30pm-7:15pm (2 Lanes Open)		
Do you have any aquatics questions? Contact Riley Simpson, Aquatics Director 505-418-4457	Adult Swim League 7:00pm-8:00pm (3 Lanes Open)		Adult Swim League 7:00 PM-8:00 PM (3 Lanes Open)	Lap Swim 7:15pm-8:00pm		
	Lap Swim 7:15pm-8:00pm	Don't Forget Reserve your Lap Lane Today				
For the most up-to-date lane availability please go to <a href="https://jccabq.org/pool-schedule/">https://jccabq.org/pool-schedule/</a>						

Therapy Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Learn to Swim</b> 8:00am-12:00pm (Pool Closed)	<b>Pool Closed</b> 5:30 am-8:00am	<b>Pool Closed</b> 5:30 am-8:00am	<b>Pool Closed</b> 5:30 am-8:00am	<b>Pool Closed</b> 5:30 am-8:00am	<b>Pool Closed</b> 5:30 am-12:00pm	<b>Pool Closed</b> 8am-12:00pm
	<b>Learn to Swim</b> 8:00am-12:00pm (Pool Closed)	<b>Learn to Swim</b> 8:00am-12:00pm (Pool Closed)	<b>Learn to Swim</b> 8:00am-12:00pm (Pool Closed)	<b>Learn to Swim</b> 8:00am-12:00pm (Pool Closed)	<b>Family Swim</b> 12:00pm-5:00pm	<b>Family Swim</b> 12:00pm-4:00pm
<b>Family Swim</b> 12:00pm-4:00pm	<b>Camp Rec Swim</b> 12:00pm-1:30pm	<b>Camp Rec Swim</b> 12:00pm-1:30pm	<b>Camp Rec Swim</b> 12:00pm-1:30pm	<b>Camp Rec Swim</b> 12:00pm-1:30pm		
	<b>Family Swim</b> 12:00pm-8:00pm	<b>Family Swim</b> 12:00pm-8:00pm	<b>Family Swim</b> 12:00pm-8:00pm	<b>Family Swim</b> 12:00pm-8:00pm		
	<b>Learn-To-Swim at the JCC!</b> For more information about our swim lessons go to <a href="http://www.jccabq.org">www.jccabq.org</a> or call Riley Simpson, Aquatics Director at 505-418-4457 or email at <a href="mailto:rileysim@jccabq.org">rileysim@jccabq.org</a>					

ORCAs Swim Team Welcome Party (June 3rd): Pool Closes @ 6:00 PM  
 ORCAs Swim Meet (June 7th): Pool Closed until 12:30 PM  
 Dive-In Movie Night (June 12th): Pool Closes @ 4:30 PM  
 ORCAs Swim Meet (June 18th): Pool Closes @ 3:00 PM  
 ORCAs Swim Meet (June 28th): Pool Closed until 12:30 PM  
 Fourth of July (July 4th): 8:30 AM-3:00 PM  
 ORCAs Swim Meet (July 12th): Pool Closed until 12:30 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 &



# June 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 • 10:30am-12:00pm • 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!

**JCC Conference Room**

**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 Conference Room**

**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**

**Every other Friday 11am-1pm; Sat & Sun 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.

**\*SUMMER LOCATION: Heights Presbyterian Church**

**Every Wednesday\* • 10:30am-12:30pm**

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

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

**Summer Lunch Bunch.** 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 Conference Room**

**Thursdays • 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 • FREE - Preregistration Required**

**JCP Acute Grief & Loss Support Group.** 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](mailto:jend@jccabq.org).

**Every Friday • 10:30am-11:00am • FREE**

**Walk This Way.** A 30 minute class focusing on low-impact, gentle walking with simple movements that are designed to improve movement and coordination skills.

**JCC Fitness Floor by the Elevator**

**Every Friday • 10:45am-11:15am • FREE**

**Connect 60+ Game & Gather .** Enjoy a relaxed atmosphere as you play classic board games, card games, and more with fellow participants. **JCC Conference Room**

**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**

**Various Days/Times/Price Options**

**Visit [jccabq.org/reformer-pilates/](http://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! **JCC Pilates Studio**





# June 2025 Calendar of Events

## Programs by Date

**Sun. June 1st • 3:00pm • \$12**

**2024-25 Book Fest: *Saying Inshallah with Chutzpah* by Jessica Keith.** 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**

**Mon. June 1st • Various Dates/Times/ Pricing**

**Group Swim Lessons.** Group swim lessons offer a fun and supportive environment for swimmers of all ages and skill levels. Led by certified instructors, each class focuses on building water confidence, developing proper technique, and improving overall swimming ability through engaging and age-appropriate instruction. Whether you're a beginner or looking to refine your strokes, our group lessons provide a safe and social way to learn and grow in the water. **JCC Aquatics Complex.**

**Mon. June 2nd • 6:30pm**

**\$99 members/\$120 nonmembers**

**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.**

**Mon. June 2nd • Various Times**

**\$180 members/\$210 nonmembers**

**Spanish for Adults.** Enhance your language skills in a welcoming and engaging environment! The Spanish for Adults classes are offered at beginner, intermediate, and advanced levels to meet you where you are. All classes are taught by Magda Holloway, a certified language instructor from Colombia, who brings cultural insight and professional expertise to every lesson. **JCC Conference Room.**

**Tue. June 3rd • 6:30pm**

**\$149 members/\$169 nonmembers**

**Power Lab.** Get stronger this summer! Join NSCA-certified coach, former UNM Lobo linebacker, and Basic Academy Coordinator, Weylin Proctor, for a high-impact, technique focused program designed to build strength and power. Whether you are a novice or experienced lifter, this program will take your strength to the next level. **JCC Elite Studio.**

**Wed. June 4th**

**Holocaust Survivor Day.** A day dedicated to celebrating Holocaust Survivors and their lives, recognizing their invaluable contributions, the wisdom of their lessons, and their inspiring resilience of spirit. With heartfelt appreciation, the Jewish Care Program will privately celebrate our beloved Holocaust Survivors on this special day, letting them know how deeply respected, cherished, and loved they are for all they bring to our world.

**Wed. June 4th • 10:30am**

**\$12 Program & Lunch/\$6 Program Only**

**Summer Lunch Bunch: *Never Have I Ever*.** Raise your paddle to share your answers to the questions. What will you learn about yourself and others? Spilling the beans has never been so much fun! **JCC Conference Room.**

**Thu. June 5th • 10:00am**

**\$65 members/\$85 nonmembers**

**Balancing Hope.** Are you ready to take control of your balance and stability? Join Hope Simmons for a supportive, results-focused class designed to help you move with confidence. **JCC Fitness Center.**

**Sun. June 8th • 12:00pm • \$5 per child**

**PJ Library: *Wonderland Tea Party*.** Join us for a whimsical tea party with PJ Library! Dress up in your favorite crowns, tutus or bow ties and enjoy kid friendly tea, tasty treats and a magical story time. **JCC Community Garden.**

**Wed. June 11th • 12:30pm • \$5 per person**

**Reel Talk: *Judy Blume Forever*.** Judy Blume Forever documents the life and legacy of trailblazing author Judy Blume. Known for her radical honesty, this documentary examines Judy Blume's impact on pop culture. Her books revolutionized the way millions of readers understood themselves, their adolescence, and their sexuality. Her fearless mission to openly discuss taboo subjects about puberty and teen sexual discovery paved the way to occasional controversies and conversation around book banning and censorship. **JCC Conference Room.**

**Wed. June 11th • 10:30am**

**\$12 Program & Lunch/\$6 Program Only**

**Summer Lunch Bunch: *Let's Talk- Walk Down Memory Lane*.** Join us as we recall and share memories from days long ago. What was your favorite past time as a teenager? What was your first job? What was your wedding like? Who was in your bridal party? And Much More! **JCC Conference Room.**

**Thu. June 12th • 5:30pm**

**FREE for members/ \$12 per family for nonmembers**

**Dive In Movie.** Join us for a splash-tastic evening at our Dive-In Movie Night featuring Disney-Pixar's Luca! Enjoy music, games, and more fun provided by King Mobile, plus delicious bites from local food trucks before the movie begins. Bring your floaties, lawn chairs, and picnic blankets to get comfy poolside or in the water as we watch under the stars. It's the perfect summer night for family fun, friends, and film! **JCC Aquatics Complex.**

**Sun. June 15th • 10am**

**\$250 members/ \$300 nonmembers**

**Intro to Handbuilding.** Get your hands in the clay and let your creativity flow. This beginner-friendly class introduces you to the foundational techniques for handbuilding pottery including pinch, coil and slab methods. **JCC Art Studio.**

**Mon. June 16th • Various Dates/Times**  
**\$175 members/ \$190 nonmembers**

**Junior Lifeguard Program.** The JCC's Junior Lifeguard Program (ages 12-14) provides a hands-on introduction to lifeguarding. Learn water safety, plus leadership, teamwork, and communication skills. Completion of this class does not result in a lifeguarding certification. Students will be prepared to complete the lifeguard course pre-requisite swim test by the end of the session. **JCC Aquatics Complex.**

**Wed. June 18th • 10:30am**

**Summer Lunch Bunch: Brunch at Weck's.** Back by popular demand, enjoy a fun brunch with friends at Weck's. Reservations REQUIRED! Contact Jill at [jillp@jccabq.org](mailto:jillp@jccabq.org) or 505-418-4467 **Weck's- Louisiana and Montgomery.**

**Sat. June 21st • 9:00am • FREE for members**

**International Day of Yoga.** Join us for a transformative outdoor experience in honor of International Day of Yoga! This special session led by Sara Ukeiley combines gentle yoga with a sound bath: an immersive journey of sound and vibration designed to promote deep relaxation and healing. **JCC soccer field.**

**Sun. June 22nd • 1:00pm • \$10 per person**

**October H8te.** OCTOBER H8TE is a searing documentary that examines the explosion of anti-Semitism on college campuses, on social media, and in the streets of America in the aftermath of October 7th, 2023. It exposes the funding sources and propaganda that celebrate Hamas as freedom fighters rather than condemning them as the terrorists they are. Following the screening, join us for a panel discussion. **JCC Auditorium.**

**Wed. June 25th • 10:30am**

**\$12 Program & Lunch/\$6 Program Only**

**Summer Lunch Bunch: How Do You Measure a Year?**

A short film and discussion: Filmmaker Jay Rosenblatt filmed his daughter Ella for 17 years on her birthday asking her the same questions. We watch her grow from a toddler to a young woman with all the beautiful and sometimes awkward stages in between. Her responses to her father's questions are just backdrop for a deeper story of parental love, acceptance, and ultimately, independence.

**JCC Conference Room.**

**25**  
YEARS

**Wed. June 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.**

**Fri. June 27th • 8:15am & 9:30am • FREE for members**

**Ride for the Living.** Celebrate the 10th anniversary of the Annual Ride for the Living Commemorative event. Join Tanya and Steve for one or both classes as we honor those that made the 60 mi trek from Auschwitz to Krakow.

**JCC Spin 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!**





# 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](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)**

A Gelfin Fish Out of Water story



JESSICA NAOMI KEITH

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](http://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](mailto:SUSANNAP@JCCABQ.ORG)



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

# Spanish

## For Adults

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

**\$180/JCC Members • \$210/Non-Members**



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

### Beginner

**Mondays, 1 pm – 2:15 pm**

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

### Advanced Beginner

**Mondays, 2:30 pm – 3:45 pm**

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

### Intermediate/Advanced

**Mondays, 4 pm – 5:15 pm**

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

Register online at [jccabq.org/meeting/spanish](http://jccabq.org/meeting/spanish) or in member services.

Contact: Phyllis Wolf at 505-418-4469 or [cultural@jccabq.org](mailto:cultural@jccabq.org)



LEVEL UP YOUR STRENGTH THIS SUMMER

## POWER LAB

**TUESDAYS & THURSDAYS AT 6:30PM**

**6 WEEKS • JUNE 3RD THROUGH JULY 10TH**

**\$149 MEMBERS • \$169 NON-MEMBERS**

**DEADLIFTS**



**BENCH PRESS**



**SQUATS**



## FOCUS ON

- SQUAT, BENCH PRESS & DEADLIFT TECHNIQUE
- PROGRESSIVE STRENGTH BUILDING
- DYNAMIC MOBILITY & INJURY PREVENTION
- PERSONALIZED COACHING FOR ALL LEVELS



Get Stronger This Summer! Join NSCA-certified coach, former UNM Lobo linebacker, and Basic Academy Coordinator Weylin Proctor for a high-impact, technique-focused program designed to build strength and power. Whether you're a novice or experienced lifter, this program will take your strength to the next level. All fitness levels welcome!

For questions contact Susanna Pier at (505)418-4478 or [susannap@jccabq.org](mailto:susannap@jccabq.org)







# WALK this WAY

**Starts: June 6**

A 30 minute class focusing on low-impact, gentle walking with simple movements. It is designed to improve movement and coordination skills. With no equipment required, **Walk This Way** provides a simple yet effective approach to fitness, making it accessible, beneficial and enjoyable for seniors of all abilities or anyone wanting to lightly engage in physical and mental well-being.

**Fridays  
10:30-11:00 AM**

Meet upstairs on the gym floor, near the elevator\*

\*Weather permitting we may occasionally walk the track around the field

CONNECT 60+  

# BALANCING HOPE

**BUILD STRENGTH AND TAKE CONTROL OF YOUR STABILITY**

**Thursdays at 10am • June 5th through June 27th**  
**\$65 - Members • \$85 - Non-Members**

Are you ready to take control of your balance and stability? Join Hope Simmons for a supportive, results-focused class designed to help you move with confidence.

- Pre- and post-assessments to track your progress
- Improve balance, core strength, and coordination
- Build confidence in your everyday movement
- All fitness levels welcome



FOR QUESTIONS CONTACT SUSANNA PIER AT (505)418-4478 OR SUSANNAP@JCCABQ.ORG

Celebrating **25 YEARS** 



DON'T BE LATE  
for a  
VERY IMPORTANT DATE

**PJ Library**

## Wonderland Tea Party

**SUNDAY, JUNE 8TH FROM 12 - 1 PM**  
**FOR KIDS OF ALL AGES • \$5 PER CHILD**

You're invited to a whimsical tea party with PJ Library! Dress up in your favorite crowns, tutus, or bow ties and join us for kid-friendly tea, tasty treats, and a magical storytime. We'll read delightful PJ Library books that celebrate kindness, community, and curiosity.

For More Information Contact Alyssa Atias (505)418-4480 [alyssaa@jccabq.org](mailto:alyssaa@jccabq.org)

Celebrating **25 YEARS** 

2025



## Let's Talk: Walk Down MEMORY LANE

Join us as we recall and share memories from days long ago. What was your favorite past time as a teenager? What was your first job? What was your wedding like? Who was in your bridal party? And much more!

**Space is LIMITED!**  
**RSVP is REQUIRED!**

**Wednesday, June 11**  
 In the Lobby Conference Room  
 10:30 - 11:45am Program  
 11:45 - 12:30pm Lunch

**\$12 Program/Lunch \$6 Program ONLY**



CONNECT 60+  

For program info or to RSVP:  
 505-418-4467 • [jccabq@connect60@jccabq.org](mailto:jccabq@connect60@jccabq.org)



## Intro to Hand Building

A FUNCTIONAL CERAMICS WORKSHOP

Sundays from 10AM - 12:30PM  
\$250 Members • \$300 Non-Members

Get your hands in the clay & let your creativity flow! This beginner-friendly class introduces you to the foundational techniques of hand-building pottery including pinch, coil, and slab methods. You'll create your own unique pieces in a relaxed and supportive environment.



6/15  
THROUGH  
7/20

### FOR MORE INFORMATION CONTACT

Alyssa Atias • (505)418-4480 • alyssaa@jccabq.org



# Celebrate International Day of yoga

Outdoor Yoga class + Sound Bath Experience with Sara Ukeiley



### Saturday, June 21st at 9am

Join us for a transformative outdoor experience in honor of International Day of Yoga! This special session led by Sara Ukeiley combines gentle yoga with a sound bath: an immersive journey of sound and vibration designed to promote deep relaxation and healing. All levels are welcome. Please bring a yoga mat and water bottle.

### Experience the calming tones of:

- Crystal and metal singing bowls
- Ocean drum
- Koshi chimes



SCAN HERE TO REGISTER NOW

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



2025

New Summer Schedule



ACADEMY AWARD® NOMINEE FOR BEST DOCUMENTARY SHORT FILM



HBO ORIGINAL

How Do You Measure A Year?

### Short Film & Discussion:

Filmmaker Jay Rosenblatt filmed his daughter Ella for 17 years on her birthday asking her the same questions. We watch her grow from a toddler to a young woman with all the beautiful and sometimes awkward stages in between. Her responses to her father's questions are just a backdrop for a deeper story of parental love, acceptance, and ultimately, independence.

Space is LIMITED! RSVP is REQUIRED!

Wednesday, June 25

In the Lobby Conference Room

10:30 - 11:45am  
11:45 - 12:30pm

Program  
Lunch

\$12 Program/Lunch \$6 Program ONLY



For program info or to RSVP  
505-418-4467 \* jccabq.org  
connect60@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. 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



*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 Summer Hours

**Every Other Friday: 11am - 1pm**

*(Dates: June 20, July 4, July 18, August 1)*

**Saturday & Sunday: 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 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](mailto: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](http://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](mailto: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](mailto: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](http://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](http://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](mailto:phyllisw@jccabq.org), 505-418-4469

Jill Patruznick, Cultural Department Coordinator  
[jillp@jccabq.org](mailto: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.

