

The Ronald Gardenswartz
Jewish Community Center

APRIL

Program Guide



FITNESS • AQUATICS
ARTS & CULTURE
JEWISH LIFE
SPORTS • WELLNESS
COMMUNITY



**MISSION
POSSIBLE**

Built by our **community**.
Made for the next generation.

**78% of our \$4.5 million
Capital Campaign has been raised!**

Now is the time to give:

Every gift is doubled through our \$100,000 Match Grant.

Help us raise \$100,000 to unlock another \$100,000.

Pickleball & Splashpad

Final phases are underway! Courts will be completed in May, followed by a community opening celebration. Don't forget to vote in our final round of naming the splashpad octopus!



Locker Rooms & Saunas

Renovations will be completed this month! Enjoy beautifully upgraded spaces, including new dry saunas designed for today's wellness-focused lifestyle.



Early Childhood Expansion (FEC)

Coming next Fall: a new "Waddlers" classroom—allowing us to welcome more families off our growing waitlist.



Café & Community Space

A refreshed hub for connection. For 25 years, this space has brought people together—now it will continue to do so in a beautiful new way.



Put Your Support in Stone

Purchase a commemorative tile and become a permanent part of this transformation.



Your tile will be proudly displayed at the JCC—honoring the community that made this possible.

Contact our Development Director, Emily Fox for more information:

EmilyF@jccabq.org • 505-418-4471

Calendar of Events

Passover – First Night Seder • April 1 • \$20–40

Gather in community for a meaningful and welcoming First Night Seder filled with tradition & storytelling.

Bone Health Clinic • April 4 – May 9 • \$95–125

Two class levels that offer evidence-based approaches to stronger bones and better posture.

Meditation, Mantras, Mudras & More • April 4, 1:30p • \$20-\$30

Go beyond the poses and explore the deeper dimensions of yoga in this immersive experience.

Israeli Dancing • April 6- May 11 • \$30-36

Join with others in learning new Israeli dances with leader Julie Rockwood. All levels are welcome!

Lunch & Learn: Stay Safe, Stay Connected • April 8 • \$6-12

A practical session led by APD offering tips to help stay safe at home, in the community, and online.

Water Polo Clinic • April 12 – May 10 • \$100-150

Develop fundamental water polo skills in a fun, structured, and supportive environment.

J-Jammers • April 12, 19, 26 • \$60–75

A music class for kids ages 6 months to 3 years designed to develop motor, social, and early language skills.

Bagels & Jazz • April 12, 10:30a • \$20

Start your Sunday with bagels and schmears, uplifting music and mimosas!

World of Chocolate • April 12 • \$10

Led by certified chocolate taster Ron Segel, this session will give you a new appreciation for one of the world's most beloved treats.

Mah Jongg for Beginners • April 14-May 5 • \$75-90

Learn everything you need to know to get started playing mah jongg in this beginner friendly class.

Strength in Motion • April 15-May 20 • \$99-\$129

A 6- week class that focuses on building strength and mobility using kettlebells and bodyweight movements.

Perimenopause Strength & Conditioning • April 18 - May 26 • \$185–225

A 6-week program designed to help perimenopausal women train smarter through hormonal changes.

42-Day Shred • April 20 - May 27 • \$149-169

Take your fitness to the next level in this six-week body transformation program designed to help you build strength, improve endurance, and burn excess fat in a supportive group environment.

Lunch & Learn: Finding Calm - Managing Anxiety and Worry • April 22 • \$6-12

Cindy Brown shares simple, effective strategies to help older adults manage anxiety, reduce stress, and build everyday emotional resilience.

Book Fest: Allegra Goodman - Isola • April 23, 3p • \$15

Allegra visits us from Boston to present her last two bestselling works of fiction.









Happy Feet • April 25, 1:30p • \$20-30

Treat your feet and feel better from the ground up with stretches and exercises in this one-day workshop.

Group Fitness Schedule

April 2026

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 Afsi | Lower Body Barre Anna | Boot Camp Alexis (8:15am) | |
| 9:30am | Core Assets Michelle | E.S.P. Leanne | Tabata Core Sara B | Muscle 50 Dawn | Step n' Tone Karla |  ZUMBA Anick |  ZUMBA Sheryl (9:00am) |
| 10:30am | Barre Stretch Dawn |  LaBlast Bri | Barre Stretch Dawn |  LaBlast Dawn |  LaBlast Erica | | |
| 11:30am | Fit 2 Move Lisa | | | | Sit n Fit (auditorium) (10:45) Dawn | | |
| 4:30pm | | Barre Stretch Sherri | | | |  | |
| 5:30pm | Shvitzology Leanne | Full Body Workout Lolli | Interval Training Alexis | E.S.P. Leanne | | | |
| 6:30pm | |  LaBlast Erica |  ZUMBA 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

Please note that you must be in class when it starts.

Tardiness may result in the loss of your reserved spot if a waitlist is in place.

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

Group Fitness Schedule

April 2026

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Class Descriptions

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

Barre Stretch-A new class that will focus on releasing tight muscles with the use of the ballet barre. Increase flexibility, improve your posture and range of motion.

Boot Camp-A fun, high energy workout incorporating cardio, weights, speed and agility drills. Keep that metabolism burning long after your workout is finished!

Core Assets-Establish strength, stability and support in your glutes, back and midsection; all important assets of the core!

E.S.P.-Fueled by Endurance. Forged in Strength. Unleashed through Power. Build a body that outlasts excuses and overcomes every obstacle so that nothing can slow you down. Get ready to crush what stands between you and your potential.

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.

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.

LaBlast- a partner-free dance fitness workout created by world-renowned dancer and fitness expert Louis van Amstel (as seen on ABC's *Dancing with the Stars*). It's accessible for all levels - LaBlast will teach you the steps seen on the show in simple, interchangeable patterns that are acclimated for the group fitness enthusiast.

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.

Muscle 50-Your Muscle Hour class condensed to 50 min.

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.

Shvitzology-A strength class with purpose: free weights, form, and muscle fatigue. Just controlled sweat and strong bodies built smart.

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.

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 for Life-A practical strength training class that uses weights and bands to build functional power, improve posture and increase endurance. Designed to help you move better, feel stronger and perform at your best in everyday life.

Tabata Core-All of the calorie burning of the Tabata intervals format, followed by core exercises that will strengthen and tone your midsection.

Zumba-A dance class that fuses hypnotic Latin & international musical rhythms & tantalizing moves to create a dynamic workout that is fun & easy to do.

Zen Studio Schedule

April 2026

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 Afsi | 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 | Fusion Yoga Kyra | Simply Stretch Cody | Vinyasa Flow Yoga Sara U |
| 12:00 noon | Pilates Mat Tracy | Vinyasa Flow Yoga Sara U | Pilates Mat Tracy | Simply Stretch Sara B | Pilates Core & Strength Tracy | | Vinyasa Flow Yoga Sara U |
| 4:00 p.m. | | | Deep Stretch Yoga Bettina | | Shabbat Yoga Sarah S (1 st Friday of every month only) | | |
| 6:00 p.m. | Vinyasa Flow Yoga Anna | | Reset & Release (6:30pm) 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

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

Zen Studio Schedule

April 2026

Ronald Gardenswartz Jewish Community Center of Greater Albuquerque
5520 Wyoming Blvd NE - Albuquerque, NM 87109 - 505-332-0565

ZEN STUDIO CLASS DESCRIPTIONS

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

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

Pilates 101: Perfect for beginners and special populations, this class will teach you the fundamentals of Pilates with a gentler approach.

Pilates Mat: A total mind-body conditioning program designed to improve posture, flexibility, core strength and stability.

Pilates Core & Strength: This class adds a new level of fun with motivating music and a focus on strength. Various equipment will be used to sculpt and tone the entire body.

Reset & Release: The perfect way to end the day is to spend 30 minutes calming and restoring the body.

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.

Waist Up: Sculpt and condition arms, chest, back and core. Everything from the waist up!

Yoga: We offer several styles so that you can experience a fresh exploration of the physical, mental and spiritual body. All levels are both welcomed and encouraged!

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.

Fusion Yoga: a mix of yoga styles into an adaptive, connected sequence focusing on mobility, strength and balance while using a variety of props.

Iyengar-style Yoga: Build strength and patience using 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.

Shabbat Yoga: An ideal time to pause from our often hectic lives to rest, breathe, and re-center ourselves in this gentle flow and restorative yoga class.

PLEASE BRING YOUR OWN MAT!



***Classes are 50 minutes unless otherwise noted and may be modified for all fitness levels.**

We want to be part of your Fitness Journey

Elite Studio Class Schedule

April 2026

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 | | OPEN GYM 6-8am | Strength in Motion* (7am) Tracee | OPEN GYM 6-8am | | | |
| 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 12-4 | OPEN GYM 12-4 | OPEN GYM 12-4pm | Golf Fitness* (1:30PM) | OPEN GYM 12-4pm | Peri-menopause Strength & Conditioning* (11AM and begins 4/18) Alexis | |
| 4:30pm | JUMP Debra | | | | 5520 FX* Ashley (4:45) | | |
| 5:30pm | HIIT 30 Ikaa | 5520 FX* Alexis | 5520 FX* Weylin | 5520 FX* Alexis |  | | |
| 6:15pm | Strength in Motion* Tracee | Peri-menopause Strength & Conditioning* (6:30PM and begins 4/18) 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

Elite Studio Class Schedule

April 2026

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5520 Wyoming Blvd NE - Albuquerque, NM 87109 - 505-332-0565

Elite Studio Group Fitness Class Descriptions

(extension of Group Fitness schedule)

Boot Camp-A fun, high energy workout incorporating cardio, weights, speed and agility drills. Keep that metabolism burning long after your workout is finished!

HIIT 30- Join our inspiring 30-minute HIIT class - a fitness fiesta that embraces all, fuels positive change, and leaves you empowered with a newfound strength to conquer your day! Inclusive, motivating, and transformative, because in half an hour, you'll sculpt your body and elevate your spirit!

JUMP- 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!

Specialty Programs*

5520 FX- 5520 FX is a strength and conditioning workout that is made up of functional movement performed at a high intensity level. These movements are actions that are performed in day-to-day life activities, like squatting, pulling, pushing, etc.

Please note: This class is for our members who have added the 5520 FX Functional Exercise membership or purchased a punch card only. For questions on how to add the 5520 FX Functional Exercise membership to your JCC membership, please contact Dawn LoGuercio at dawnl@jccabq.org or visit the Membership Office.

*indicates fee based class, must register on our website or in Membership to attend these programs

Spinning Schedule

April 2026

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. | | SPINNING. Sara | | 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 | | | | | |
| 5:30 p.m. | SPINNING. Lolli | | SPINPower. 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
Reserve your spot in class up to 48 hours in advance using the JCC app

JCC Aquatics

Max and Ruth Pollack Aquatic Complex Schedule

| Monday 03/30/26 | Tuesday 03/31/2026 | Wednesday 04/01/2026 Erev Passover | Thursday 04/02/2026 Passover | Friday 04/03/2026 | Saturday 04/04/2026 | Sunday 04/05/2026 Easter |
|---|---|---|------------------------------------|---|---|--|
| 5:30am-7:00pm | 5:30am-7:00pm | 5:30am-4:00pm | Pool Closed | 5:30am-5:00pm | 8:00am-4:00pm | 8:00am-12:00pm |
| Lap Swim 5:30am-7:00 PM | Lap Swim 5:30am-7:00 PM | Lap Swim 5:30am-4:00 PM | Pool Closed Passover | Lap Swim 5:30am-5:00pm | Lap Swim 8:00am-4:00pm | Lap Swim 8:00am-12:00pm |
| Family/Lap Swim (3 Lanes Open) 12:00 PM-6:00 PM | Family/Lap Swim (3 Lanes Open) 12:00 PM-7:00 PM | Family/Lap Swim (3 Lanes Open) 12:00 PM-4:00 PM | | Family/Lap Swim (3 Lanes Open) 11:00 AM-5:00 PM | Family/Lap Swim (3 Lanes Open) 10:00 AM-4:00 PM | Family/Lap Swim (3 Lanes Open) 9:00 AM-12:00 PM |
| Adult Swim League (3 Lanes Open) 6:00 PM-7:00 PM | | Family/Lap Swim (3 Lanes Open) 12:00 PM-4:00 PM | | Family/Lap Swim (3 Lanes Open) 11:00 AM-5:00 PM | Family/Lap Swim (3 Lanes Open) 10:00 AM-4:00 PM | Do you have any aquatics questions? Contact Riley Simpson, Aquatics Director 505-418-4457 |
| <p style="text-align: center;">This is a Special Schedule for the JCC Aquatics Complex for the Week of APS Spring Break from (March 30th-April 5th)</p> | | | | | | |

Therapy Pool

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------|---|---------------------------------|-------------------------|---------------------------------|---------------------------------|---|
| Pool Closed 5:00 AM-12:00PM | Pool Closed 5:00 AM-12:00PM | Pool Closed 5:00 AM-12:00PM | Pool Closed Passover | Pool Closed 5:00 AM-12:00PM | Pool Closed 8:00 AM-9:00 AM | Pool Closed 8:00 AM-9:00 AM |
| Family Swim 12:00 PM-7:00 PM | Family Swim 12:00 PM-7:00 PM | Family Swim 12:00 PM-4:00 PM | | Family Swim 11:00 AM-5:00 PM | Family Swim 9:00 AM-4:00 PM | Family Swim 9:00 AM-12:00 PM |
| | 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 | | | | Scan to view our programs |  |

Erev Passover (April 1st): 5:00 AM-4:00 PM
Passover (April 2nd): Closed
Easter (April 5th): 8:00 AM-12:00 PM

Fitness & Wellness Events

BONE HEALTH CLINIC

APRIL 4 - MAY 9
MEMBER PRICE: \$95

Bone Health Foundations

Saturdays • 8:30-9:30am

Explore evidence-based ways to improve bone and spine health, build muscle, and reduce fracture risk. Each week includes a short educational overview followed by 40 minutes of targeted exercise. Participants leave with a personalized spine and bone health workout plan.

Bone Health Lab

Saturdays • 12-1pm

Continue your progress with this next-step class designed for participants who have completed Bone Health Foundations. Build on the concepts and exercises from Part 1 while deepening strength, stability, and confidence.

Contact Susanna for info

(505) 418-4478 • susannaP@jccabq.org



Learn More



Strength In Motion

April 15 - May 20
Wednesdays 7-8am

6-Week Kettlebell and Body Weight Training Class
JCC | Elite Studio

This class focuses on building strength, conditioning, and mobility using kettlebells and bodyweight movements. Led by Tracee, a kettlebell technique expert with 14 years of coaching experience, you'll learn safe, effective movement patterns in a supportive environment. Open to all fitness levels, with guidance to meet you exactly where you are.

Register Now!



For info contact Susanna Pier

(505) 418-4478 • susannaP@jccabq.org



PERIMENOPAUSE STRENGTH & CONDITIONING

A 6-week program for perimenopausal women.

Train twice weekly: lift heavy for muscle and bone strength, then balance it with joint-friendly conditioning that supports recovery and hormones.

Train smart. Stay strong. Stay sane.

Why Strength Training Matters during Perimenopause

Hormonal shifts can lead to:

- Muscle loss
- Increased belly fat
- Insulin resistance
- Bone density decline
- Slower recovery

Strength training helps you:

- Build and preserve muscle
- Improve insulin sensitivity
- Protect bone health
- Boost metabolism without overtraining your body

APRIL 18- MAY 26

SATURDAYS 11AM
TUESDAYS 6:30PM

JCC | ELITE STUDIO

LEARN MORE



TRAIN WITH ALEXIS!



For info contact Susanna Pier

(505) 418-4478 • susannaP@jccabq.org



April 20-May 27
Mondays & Wednesdays
6p-7p
JCC | OUTSIDE

42-DAY SHRED

Body Transformation Challenge

Get SHREDDED! Take charge of your health and fitness and join us for this 6-week body transformation challenge! Our expert trainer, Hallie Young, will push you to the limit, allowing you to put your endurance to the test and scorch 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 a new level. This program is open to all skill and ability levels. Try this fun and effective JCC offering for yourself and get SHREDDED with us!

Program includes:

- 2 **OUTDOOR** boot camp-style workouts/week (**RAIN OR SHINE!**)
- Before/After measurements
- Nutrition accountability
- Team camaraderie & support to help you reach your goals

Learn More



For info contact Susanna Pier

(505) 418-4478 • susannaP@jccabq.org



Ongoing Fitness & Wellness Events

Reset & Release

Your Weekly Reset Ritual

End your day with a soothing 30-minute stretch session designed to calm your mind and restore your body.

Free for members | Every Wednesday
6:30-7:00 PM | Zen Studio



Hallie's Angels

Small Group Training

Ongoing • Mondays & Fridays 9:00am

Members \$130 • Non-Members \$150



Hallie's Angels is an ongoing group that meets for training twice a week. Expert JCC trainer Hallie Young will keep you coming back with fun and innovative routines that challenge both strength & endurance. Group training is a great way to stay consistent! Workout friends are the best accountability-buddies, keeping each other motivated.

For more information or to join:
Contact: Susanna Pier,
505-418-4478
susannap@jccabq.org

BODIES by Ikaa



SIX WEEK SESSIONS • TUESDAYS & THURSDAYS • 6:00 - 7:00PM
\$149 MEMBERS • \$169 NON-MEMBERS



GET STRONGER, MOVE BETTER, AND HAVE FUN!
JOIN EXPERT TRAINER IKAA ROSLI FOR SMALL GROUP
PERSONAL TRAINING SESSIONS ON THE FITNESS FLOOR.

TRAINING FOCUSES INCLUDE

- FUNCTIONAL STRENGTH TRAINING
- METABOLIC CONDITIONING
- CORE STABILITY WORK
- CAMARADERIE & MOTIVATION

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

BALANCING HOPE

BUILD STRENGTH AND TAKE CONTROL OF YOUR STABILITY

4 Sessions • Thursdays at 10am
\$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

Aquatics Programs

Water Polo Clinic

April 12-May 10
Sundays

Ages 6-10: 10:00-10:45

Ages 11-14: 10:55-11:40

JCC | Aquatics Complex



HOP INTO THE SPRING SWIM SEASON



Pay

as you

Go

With warmer days already here, it's the perfect time to get your child in the water. Our swim lessons focus on safety, skill-building, and confidence, all in a supportive, high-quality environment families trust at the J.

Take advantage of our flexible pay-as-you-go option this spring—designed to fit your schedule while keeping your child progressing. All sessions must be paid in full by April 26.



INDIVIDUALIZED CERAMICS INSTRUCTION

With Jane Gordon

Take your ceramic work to the next level with personal, goal-oriented, and hands-on advice and support from local professional clay artist Jane Gordon.

Open to all skill levels and abilities. Beginners and seniors are welcome.



Contact Alyssa for Info
AlyssaA@jccabq.org • 505-418-4480



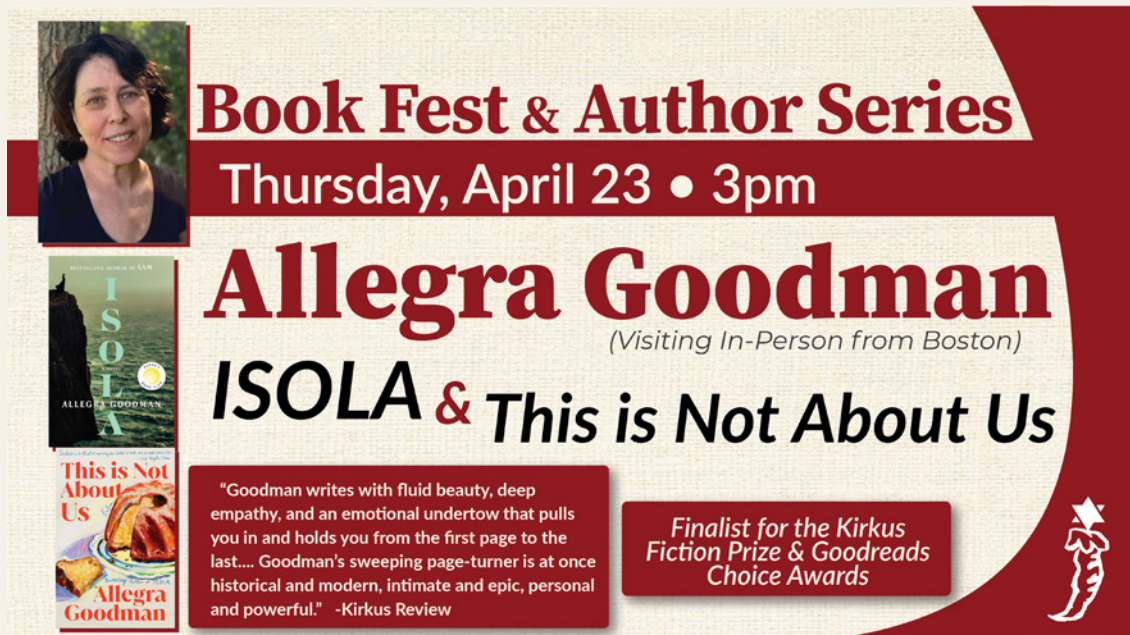
Arts, Culture, and Education (ACE)



Bagels & Jazz

Spring is in the Air
With Allison Davis, Bert Dalton,
Lee Taylor, & Gordon Johnson

Sunday, April 12 • 10:30 to Noon
Concert • Bagels • Schmear • Mimosas




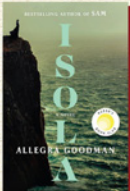

Book Fest & Author Series

Thursday, April 23 • 3pm

Allegra Goodman


(Visiting In-Person from Boston)

ISOLA & This is Not About Us



"Goodman writes with fluid beauty, deep empathy, and an emotional undertow that pulls you in and holds you from the first page to the last.... Goodman's sweeping page-turner is at once historical and modern, intimate and epic, personal and powerful." -Kirkus Review

Finalist for the Kirkus Fiction Prize & Goodreads Choice Awards



ISRAELI DANCING

April 6 - May 11
Mondays • 7-8:30pm

Join the NEW 6-Week
Israeli Dance Class at the JCC!

ALL LEVELS WELCOME

Get ready for amazing exercise and an incredible community of dancers! Leader Julie Rockwood will guide you through favorite dances and teach exciting new ones.

For info or questions contact
Cultural@jccabq.org or 505-418-4469

APRIL/MAY LUNCH & LEARN

Enjoy engaging presentations, connect with friends, & share a delicious meal

10:30AM CHECK IN • 11AM PROGRAM • 12PM LUNCH

\$6 PROGRAM ONLY • \$12 PROGRAM & LUNCH

REGISTRATION & PAYMENT REQUIRED BEFORE EACH PROGRAM



April 8 - Stay Safe, Stay Connected: Senior Safety

Officers from the Albuquerque Police Department share practical tips for staying safe at home, in your neighborhood, and online. Learn how to recognize and report suspicious activity, connect with local crime prevention programs, and access helpful community resources.

Presenter: Albuquerque Police Department



April 22 - Finding Calm: Managing Anxiety and Worry

Cindy Brown offers practical strategies to help older adults manage anxiety and reduce worry. Learn simple, effective techniques to build resilience, improve emotional well-being, and feel more grounded in daily life.

Presenter: Cindy Brown



May 6 - Weather Through the Artist's Eye

Dr. Deirdre Kahn explores how weather has inspired artists across history, from Leonardo da Vinci to the Romantic era and beyond. Discover how science, nature, and emotion come together in powerful artistic expression.

Presenter: Dr. Deirdre Kahn



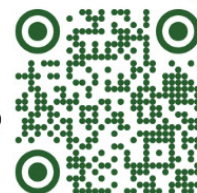
May 20 - Navigating Grief: Coping with Loss and Change

Cindy Brown provides compassionate guidance on coping with grief and loss. Explore ways to process emotions, find support, and move forward while honoring your experiences.

Presenter: Cindy Brown

**For questions contact Susan Minkus
(505)546-9948 or SusanM@jccabq.org
Visit jccabq.org/connect-60 for info**

Scan
for Info





J Jammers

A joyful music experience for babies and toddlers!

April 12, 19 & 26

3:00 – 3:45 PM

JCC Library

Members: \$60

Register at jccabq.org

Join us for J-Jammers, an interactive music class designed especially for little ones ages 6 months – 3 years.

Through singing, rhythm instruments, movement, and playful musical activities, children build early language, motor, and social skills while bonding with their caregivers.

Led by Dawn Thompson, Board Certified Music Therapist, this engaging class creates a fun and nurturing environment where babies and toddlers can explore sound, movement, and connection through music.

Parents attend with their child.
Scan to register today!



For Info, Contact Alyssa

505-418-4480 • AlyssaA@jccabq.org



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)

