








# Group Fitness Schedule

May 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 <b>(8:15am)</b>	
9:30am	Core Assets Michelle	E.S.P. Leanne	Tabata Core Sara B	Muscle 50 Dawn	Step n' Tone Karla	 ZUMBA Anick	 ZUMBA Sheryl <b>(9:00am)</b>
10:30am	Barre Stretch Dawn	 LaBlast Bri	Barre Stretch Dawn	 LaBlast Dawn	 LaBlast Erica		
11:30am	Fit 2 Move Lisa				Sit n Fit <b>(auditorium)</b> <b>(10:45)</b> Dawn		
4:30pm		Barre Stretch Sherri			<h2>AQUA FITNESS BEGINS ON MEMORIAL DAY!</h2>		
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](mailto: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](http://www.jccabq.org)



# Group Fitness Schedule

May 2026

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

## 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.

