

The Ronald Gardenswartz
Jewish Community Center

AUGUST

Program Guide



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



NEW MEXICO HUMANITARIAN AWARDS

SILENT AUCTION

Exclusive experiences, local favorites, and meaningful opportunities to support the community.

PREVIEW & BID EARLY JULY 24 - AUGUST 12

Visit the Silent Auction display in the JCC Lobby to browse auction items and place your bids. Open to all Community Members!

FINAL BIDDING AUGUST 13, AT THE HUMANITARIAN AWARDS

The Auction will move to the event for final bidding and closing. Winners will be determined at the closing of the event.

FEATURED ITEMS:



FOUR SEASONS
RESORT
RANCHO ENCANTADO, SANTA FE

FOUR SEASONS
*Two-Night Stay for Two
with Breakfast*



NM UNITED
Family Ticket Package



LOS POBLANOS
HISTORIC INN & ORGANIC FARM

LOS POBLANOS
*One-Night Stay for Two
with Breakfast*



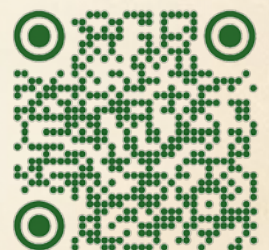
ABQ MUSEUM
Annual Membership



DON'T MISS YOUR CHANCE

Items may receive additional bids during the awards ceremony. Early participation gives you a head start but final bidding happens August 13.

Scan here to preview the auction.



Calendar of Events

Acute Grief Support Group • 2nd & 4th Thursday of the month, 11am–Noon

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, call (505) 348-4443.

Walk This Way • Every Friday, 10–10:30am

A 30-minute, low-impact walking class that incorporates gentle movements to support overall well-being.

Cozy Crafters • Every Monday, 10:30am–Noon

Gather and socialize while you work on your latest project and make new connections. Meeting in the Conference Room during Camp Chai.

Older Man's Group • Every Wednesday, 9:30–11am

A welcoming, facilitated discussion group for men 65+, to share, connect with peers, and build social ties. Meeting at Heights Cumberland Presbyterian Church during Summer Camp.

Aqua Fitness • M-F • FREE for members

Boost your strength, cardio, and flexibility with a fun, low-impact workout in the pool that's easy on your joints and great for all fitness levels.

Toddler Art • August 4 - August 25, Tuesdays 4:00pm-4:30pm • \$15-\$20/class

Join us for an immersive four-session art class where toddlers explore texture, color, and play in a welcoming, supportive environment.

Samson Prep Course • August 5 - September 26 • \$110-\$130

Get race-day ready for the 11th Annual Samson Challenge with coached training built around real Samson obstacles, strength, endurance, and race-day strategy.

Strength in Motion • August 5 – September 9 • Wednesdays 7a-8a • \$99-\$129

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

Yoga for Rest, Relaxation, and Improved Sleep • Sunday August 9, 1:30pm • \$25-\$40

Workshop participants will enjoy both a gentle physical yoga practice and a guided relaxation/ meditation performed while lying down, and experience the benefits of yoga for rest and relaxation.

Intro to Charcoal Drawing • August 12 - September 16, Wednesdays 3pm-4:30pm • \$120-\$160

Learn the fundamentals of charcoal drawing through engaging still life studies in this beginner-friendly class

Oil Pastel Class • August 12 - September 16, Wednesdays 5:30pm-7pm • \$120-\$160

Learn basic blending techniques while creating simple still lifes and nature-inspired artwork. No prior experience needed.

T'ai Chi Chih for Beginners • August 15 - September 26, Saturdays 12pm-1pm • \$75-\$100

Improve balance, flexibility, and peace of mind through this gentle, meditative movement practice.

Israeli Dance Class • August 17 - September 28, Mondays 7pm-8:30pm • \$30-\$36

Come and join with others in learning new Israeli dances with leader Julie Rockwood. Great exercise and wonderful community of dancers! All levels are welcome!

GROUP FITNESS

Studio

August 2026

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 Karen (8:15am)	
9:00am	Aqua Fitness Bettina	 Dawn	 Bri	Aqua Fitness Michelle	Aqua Fitness Dawn	Aqua Fitness Karla/Moses	 Sheryl
9:30am	Core Assets Michelle	E.S.P. Leanne	Tabata Core Sara B	Muscle 50 Dawn	Step n' Tone Karla	 Anick	
10:30am	Barre Stretch Dawn	 Bri	Barre Stretch Dawn	 Dawn	 Erica		
11:30am	Fit 2 Move Lisa						
4:30pm		Barre Stretch Sherri			Scan to View Classes  *(Register on the app!)		
5:30pm	Shvitzology Leanne	Full Body Workout Lolli	Interval Training Karen	E.S.P. Staff			
6:30pm	Aqua Fitness Moses (6pm)	 Erica	 Anick				

Group Fitness Director: Dawn LoGuercio | Contact: 505-418-4473 • 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

Studio

August 2026

Class Descriptions

Barre Fitness- Strengthen and tone with small, controlled movements that challenge your muscles without high-impact exercise. No ballet experience needed—just come ready to move and have fun.

Barre Stretch- Ease tight muscles and improve flexibility with gentle stretches using the ballet barre for support. You'll leave feeling taller, looser and ready to move with more comfort.

Boot Camp- Get your heart pumping with a mix of cardio, strength training and agility exercises. Every workout is different, making this class fun, challenging and great for all fitness levels.

Core Assets- Build a stronger core by focusing on your abs, back and glutes. Better balance, improved posture and everyday strength start here.

E.S.P. (Endurance • Strength • Power)- Build endurance, increase strength and improve power through a full-body workout that helps you feel stronger inside and outside the gym. You'll be encouraged every step of the way.

Fit 2 Move- Move with confidence in this welcoming class designed for all ages and abilities. Improve strength, flexibility, balance and mobility with exercises that can be adapted to meet your needs. Chairs are available for support.

Full Body Workout- Strengthen your entire body with a balanced mix of cardio and muscle-toning exercises. A great choice if you're looking for an energizing workout that does it all.

Interval Training- Keep your body guessing by alternating between higher- and lower-intensity exercises. It's an effective way to improve fitness, build endurance and burn calories.

LaBlast- Dance your way to a great workout with this fun, partner-free class inspired by ballroom dancing. Learn easy-to-follow moves while improving balance, coordination and cardiovascular fitness—no dance experience required.

Lower Body Barre- Focus on strengthening and toning your legs and glutes through low-impact movements inspired by ballet, Pilates and fitness training.

Muscle Hour- Build strength from head-to-toe using dumbbells, resistance bands and other equipment. This full-body class helps improve muscle tone, confidence and everyday strength.

Muscle 50- Everything you love about Muscle Hour in a shorter, 50-minute workout. Build strength and stay energized on a busy schedule.

Senior Strength- Designed for older adults and anyone looking for a supportive pace, this class focuses on strength, balance and posture to help you stay active, independent and confident in everyday life.

Shvitzology- Lift, strengthen and challenge yourself with a full-body strength workout that emphasizes proper form and steady progress. Build muscle, improve confidence and enjoy the satisfaction of getting stronger.

Sit n Fit- Stay active with this fun 30-minute class that combines seated and standing exercises to improve strength, balance, coordination and posture. A great option for beginners or anyone looking for a lower-impact workout.

Step n' Tone- Enjoy easy-to-follow step cardio combined with strength exercises using weights, bands and other equipment. Boost your heart health while building muscle and improving endurance.

Strength for Life- Build practical, everyday strength with weights and resistance bands in a supportive environment. Improve posture, balance and endurance so daily activities feel easier.

Tabata Core- Boost your heart rate with short bursts of interval training, then finish with core exercises that strengthen and support your midsection. Fast, fun and effective.

Zumba- Turn exercise into a dance party with upbeat Latin and international music. Easy-to-follow routines make this class a fun way to improve cardio fitness, burn calories and enjoy moving your body.

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ZEN Studio

August 2026

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		NEW!!! Gentle Yoga Sara U
4:00 p.m.					Shabbat Yoga Sarah S (1 st Friday of every month only)		
					Scan to View Classes  *(Register on the app!)		

Group Fitness Director: Dawn LoGuercio | Contact: 505-418-4473 • 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.

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

ZEN Studio

August 2026

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!

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

Gentle Yoga: slow, mindful movements that encourage inward attention and self-exploration. Somatic practices teach sense and orchestrate muscle movement, promoting relaxation and ease throughout the body, allowing participants to experience greater freedom of movement and alignment.

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.

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

August 2026

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			RACE READY*	
10:00am						5520 FX* Staff	OPEN GYM 10:30-4
12 NOON	OPEN GYM 12-4	OPEN GYM 12-4	OPEN GYM 12-4	OPEN GYM 12-4	OPEN GYM 12-4		
4:30pm	JUMP Debra				5520 FX* Ashley (4:45)		
5:30pm	HIIT 30 Ikaa	5520 FX* Alexis	5520 FX* Weylin	5520 FX* Alexis	Scan to View Classes  *(Register on the app!)		
6:15pm	RACE READY* Ashley						

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

August 2026

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.

Group Fitness Director: Dawn LoGuercio | Contact: 505-418-4473 • DawnL@jccabq.org

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



August 2026

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				Scan to View Classes  *(Register on the app!)	
5:30 p.m.	SPINNING Lolli		SPINPower Pattie				

Group Fitness Director: Dawn LoGuercio | Contact: 505-418-4473 • DawnL@jccabq.org

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

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.

Max & Ruth Pollack Aquatic Complex Schedule

July 21-August 9

JCC Aquatics

COMPETITION POOL

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-8AM		Lap Swim 5:30-8PM	Lap Swim 5:30-8PM	Lap Swim 5:30-8PM	Lap Swim 5:30-8PM	Lap Swim 5:30-5PM	
			Adult Swim League 6-7AM		Adult Swim League 6-7AM		
8-9AM	Lap Swim 8AM-4PM						Lap Swim 8AM-4PM
9AM-12PM	Learn-to-Swim (3 Lanes Open)	Aqua aerobics 9-10AM	Aqua aerobics 9-10AM	Aqua aerobics 9-10AM	Aqua aerobics 9-10AM	Aqua aerobics 9-10AM	Aqua aerobics 9-10AM
		Learn-to-Swim 10AM-12PM	Learn-to-Swim 10AM-12PM	Learn-to-Swim 10AM-12PM	Learn-to-Swim 10AM-12PM		
		Camp Rec Swim 12-1:30PM	Camp Rec Swim 12-1:30PM	Camp Rec Swim 12-1:30PM	Camp Rec Swim 12-1:30PM	Family/Lap Swim 10AM-5:00PM	Family/Lap Swim 10AM-4:00PM
12-4:30PM	Family/Lap Swim 12-4PM	Family/Lap Swim 12-6PM	Family/Lap Swim 12-8PM	Family/Lap Swim 12-4:30PM	Family/Lap Swim 12-8PPM		
4:30-6PM	JCC Closes at 5PM			Learn-to-Swim 4:30-6:30PM			JCC Closes at 5PM
6-7PM		Aqua aerobics 6-7PM		Family/Lap Swim 4:30-7PM			
7-8PM		Adult Swim League 7-8PM		Adult Swim League 7-8PM			

THERAPY POOL

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8AM-12PM	Learn-to-Swim (Pool Closed) 9am-12pm	Learn-to-Swim (Pool Closed) 8am-12pm	Learn-to-Swim (Pool Closed) 8am-12pm	Learn-to-Swim (Pool Closed) 8am-12pm	Learn-to-Swim (Pool Closed) 8am-12pm	Family Swim 9AM-5PM	Family Swim 9AM-4PM
12-4PM	Family Swim 12-4PM	Camp Rec Swim 12-1:30PM	Camp Rec Swim 12-1:30PM	Camp Rec Swim 12-1:30PM	Camp Rec Swim 12-1:30PM		
4-8PM	JCC Closes at 5PM	Family Swim 12-8PM	Family Swim 12-8PM	Family Swim 12-8PM	Family Swim 12-8PM		JCC Closes at 5PM



Swim Team



Camp



Adult League/Swim Lessons



Family/Lap Swim



Aqua Aerobics



Lap Swim Only

Scan to
view our
programs



IMPORTANT DATES

Extended Camp Swim
12pm-3:15pm July 27-
Aug.31



Contact Riley Simpson, Aquatics Director for questions: 505-418-4457

For the most up-to-date lane reservation availability please go to <https://jccabq.org/pool-schedule/>



PICKLEBALL

WEEKLY COURT SCHEDULE



FALL 2026

DAY	COURT(S)	TIMES
MONDAY-THURSDAY	Courts 1-3	7:00AM-7:00PM ALL LEVELS
FRIDAY	Courts 1-3	7:00AM-5:30PM ALL LEVELS
SATURDAY & SUNDAY	Courts 1-3	7:00AM-4:30PM ALL LEVELS

*A challenge may be established if players deem it necessary

*If training or camps are taking place, they have priority.

SCAN TO
DOWNLOAD



JOIN US ON TEAMREACH!

Download the app and follow us for
updates, events, and meetups!

GROUP CODE: jccpb123



THANK YOU FOR HELPING
KEEP OUR COURTS FUN,
SAFE & PLAYABLE FOR ALL!

THE GARDENSWARTZ FAMILY

SPLASH PAD

HOURS OF OPERATION



REGULAR HOURS

NO RESERVATIONS
REQUIRED

MONDAY & WEDNESDAY 8:00AM-7:00PM

TUESDAY & THURSDAY 11:00AM-8:00PM

FRIDAY 8:00AM-5:00PM

SATURDAY 9:00AM-4:00PM

SUNDAY 8:00AM-4:00PM



SENSORY FRIENDLY HOURS

RESERVATIONS ONLY

MONDAY & WEDNESDAY 7:00PM-8:00PM

TUESDAY & THURSDAY 7:00AM-9:00AM

SATURDAY & SUNDAY 8:00AM-9:00AM

THANK YOU FOR HELPING US KEEP THE SPLASH PAD
SAFE, CLEAN, & FUN FOR EVERYONE!

Save the Date

JCC

Fall Fest

OCTOBER 18

NOON-3PM

A FREE EVENT WITH FUN ACTIVITIES

For the whole family!

Interested in supporting Fall Fest?
Contact Dawn, DawnL@jccabq.org to learn more



BOOK FEST

& AUTHOR SERIES

BOOKS • IDEAS • COMMUNITY

A celebration of authors, ideas, and compelling stories that connect us



ENGAGING AUTHORS
& CAPTIVATING TALKS

from a wide range of
voices and genres.



THOUGHTFUL
CONVERSATIONS

that inspire, challenge,
and connect us.



CELEBRATING
OUR COMMUNITY

through stories that
reflect and unite us.



BOOKS FOR
EVERY READER

discover new favorites
and timeless classics.



SAVE THE DATE
NOV 2026
— TO —
APRIL 2027

EVENTS FOR EVERY READER. ALL ARE WELCOME.
FIND THE FULL SCHEDULE AT jccabq.org/bookfest/

Stay tuned for this season's schedule!



STORIES
BRING US
together

Fall Art Classes



Toddler Art

AUG 12 - AUG 25

An immersive, four-session art class where toddlers explore texture, color, and play.

Intro to Ceramics

AUG 10 - OCT 5

Learn the fundamentals of wheel throwing and glazing with instructor Alex Carter.

Intro to Charcoal Drawing

AUG 12 - SEPT 16

Learn essential techniques like shading, blending, value, texture, and composition.

Intro to Oil Pastels

AUG 12 - SEPT 16

Learn basic blending techniques while creating simple still lifes and nature inspired artwork.

Ceramics II

AUG 12 - OCT 1

Explore advanced forms, glazing techniques, and creative freedom with Jane Gordon.

Functional Forms

AUG 12 - OCT 16

Make functional pieces like planters and charcuterie boards, or propose your own project

Programs & Classes

Strength In Motion

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

August 5-September 9
Wednesdays 7-8am
*BACK BY
POPULAR DEMAND!*

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

Tai Chi Chih For Beginners

Learn More



Aug. 15-Sept. 26
Saturdays
12pm - 1pm

A gentle, easy-to-learn moving meditation designed to calm the mind, balance the body, and restore natural energy (chi). Flow through simple, rhythmic movements that promote relaxation, focus, and gentle vitality—no experience required.

Feel relaxed. Feel energized. Feel centered.

All are welcome.

Contact Dawn LoGuercio for info
DawnL@jccabq.org • (505) 418-4473



TODDLER ART

Join us for a four-session art series where toddlers explore texture, color, and play. Each session is stand-alone, so you can choose one, a few, or all four. This hands-on experience focuses on fun, creativity, and imagination in a welcoming environment.

Ages 1 to 3.
Parents are encouraged to attend,
but not required

Tuesdays 4:00p - 4:30p
August 4-August 25

Members: \$15/class
non-members: \$20/class



Learn More

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



ISRAELI DANCING

August 17-September 28
Mondays 7-8:30pm

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

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



ALL LEVELS WELCOME

Scan for more info or visit jccabq.org
Special Pricing for JCC Members



Led by experienced Israeli & International Folk Dance instructor Neer Roggel and Julie Rockwood

For info or questions contact
Cultural@jccabq.org



Fitness & Wellness Events

YOGA CLASS

FOR REST, RELAXATION
AND IMPROVED SLEEP

Struggling with stress or restless sleep? This workshop combines gentle yoga and Yoga Nidra to calm the mind, release tension, and promote deep relaxation. Leave feeling refreshed with simple techniques you can use to support better rest.



Sunday
August 9th



Time
1:30 PM - 3:00 PM



Members: \$25
Non-Members: \$40



SCAN TO
LEARN
MORE!



For more info contact Dawn
505-418-4473 • DawnL@jccabq.org



HALLIE'S ANGELS

Small group training



*Workout with friends and
stay accountable together!*

Hallie's Angels is an ongoing group that meets twice a week. Expert trainer Hallie Young will keep you coming back with fun and innovative routines that challenge strength & endurance.

Train with Hallie!

Mondays & Fridays
9:30a-10:30a



For info contact Susanna Pier
(505) 418-4478 • susannap@jccabq.org



Join our Pilates Reformer Class

- ✓ Strengthen core muscles
- ✓ Improve posture and flexibility
- ✓ Low-impact exercises, easy on joints

Register Now
Spots are limited!



For info contact Dawn
(505) 418-4473 • dawnL@jccabq.org



AQUA FITNESS



Mon-Sat
9-10 am

Monday
6-7 pm

A fun, energizing pool workout that will help you build strength, improve cardio, and tone your body without stressing your joints.

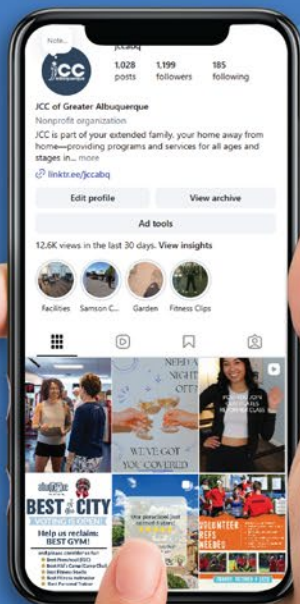
ALL FITNESS LEVELS WELCOME
FREE FOR MEMBERS

For more info contact Dawn
505-418-4473 • DawnL@jccabq.org



Let's get SOCIAL!

Follow us [@jccabq](#) for updates!



INSTAGRAM



FACEBOOK



SHARE YOUR
FAVORITE
MOMENTS!
Tag us [@jccabq](#)



SAMSON PREP COURSE

8-WEEK TRAINING PROGRAM

**AUGUST 5 to
SEPTEMBER 26**



BUILD STRENGTH
Increase power
and endurance



MASTER OBSTACLES
Learn techniques and
strategies from
Samson Coaches



RACE-DAY READY
Full-course run-through
included before the
Samson Challenge

ALL DIVISIONS WELCOME:
Warriors, Jocks,
Not-So-Average Joes & Janes,
Masters, Rockstars,
and Legends!



SCHEDULE
Wednesdays 6:00pm
Thursdays 6:00am
Saturdays 8:30am & 9:30am



LOCATION
JCC BACKYARD



PRICING
Members \$110
Non-Members \$130



**REGISTER
NOW**



VOLUNTEER REFS NEEDED

VOLUNTEER REQUIREMENTS:

- Walk alongside an athlete through the full course
- Be a positive, encouraging coach throughout
- Attend one mandatory referee training session before race day
- Commit to being present for the full event (about 3 hours)



SUNDAY, OCTOBER 4 2026

Contact Susanna Pier for more Details
(505)418-4478 • SusannaP@jccabq.org



MINI SAMSON

JULY 17-SEPTEMBER 18

Get a taste of the Samson Challenge by completing all six official Samson events!

Have a trainer record your time to earn a spot on the leaderboard, then come back and improve your score as many times as you want. The top male and female in each division will be entered into a drawing to win a FREE 60-minute massage with one of the JCC's massage therapists.



FREE FOR MEMBERS



Contact Susanna Pier for more Details
(505)418-4478 • SusannaP@jccabq.org

presented by:
CHARLES STEPHEN

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OCTOBER 4, 2026

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