

The Ronald Gardenswartz
Jewish Community Center

SEPTEMBER

Program Guide



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



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.

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.

We Got Your Back • Thursdays, 10:15-11am • Sept. 3- Oct. 8 • \$99-\$129

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.

Meditation, Mantras, Mudras & More • Saturday, September 5 • 1:30pm • \$20-\$30

Join us for an enriching journey featuring breath work, sound healing, meditation, chakra balancing, mantras, yoga nidra, and other practices that will expand your understanding of this ancient tradition.

Lunch & Learn - 911 & Beyond: What to do in an Emergency • Thursday, September 10 • 11AM \$7-14 •

Join Cathy Tener, a 911 operator with APD Dispatch to learn what to expect when you call, what information dispatchers need, and how to be prepared when seeking help.

Broadway Jazz • Wednesdays, Sept. 10-Oct. 15:30-7:30pm • \$75-\$100

Broadway Jazz is a fun, welcoming dance class for all experience levels. Each class blends jazz technique, expressive movement, musicality, and choreography inspired by some of Broadway's memorable shows.

Kid's Dance • Sundays, September 13-October 18 • Price and time varies

Each class combines learning with plenty of fun, helping students develop skills they can use both in dance and in everyday life.

Lunch & Learn - Rosh Hashanah w/ Rabbi Lerner • Thursday, September 17 • 11AM • \$7-14

Join a conversation about the Jewish New Year, its traditions, meaning, and themes!

CPR Certification Class • Friday, September 25 • 12:00pm • \$50

Learn essential, life-saving skills in this instructor-led CPR certification class. Ideal for fitness professionals, caregivers, parents, and anyone who wants to be prepared in an emergency.

Bone Health Clinic • August 10 - October 12, 2026, Time Varies • \$95- \$125

Whether you're just getting started or ready to continue your progress, our Bone Health program offers a supportive approach to stronger bones, better posture, and greater confidence in movement.

National Dance Day • Sunday, September 27th • 9- 10:30am • FREE FOR MEMBERS

(\$5 non-members) Join us for a special dance fitness class featuring multiple dance styles and JCC instructors, all coming together for one high-energy session.



SEPTEMBER

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.

GROUP FITNESS

Studio

SEPTEMBER

/ 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 Jacqueline	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		 Erica	 Anick				

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

GROUP FITNESS

Studio

SEPTEMBER

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

SEPTEMBER

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 Jacqueline	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		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

SEPTEMBER 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

SEPTEMBER

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				We've Got Your Back* (10:15) Jules		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 lkaa	5520 FX* Alexis	5520 FX* Weylin	5520 FX* Alexis	Scan to View Classes  *(Register on the app!)		
6:15pm							

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SEPTEMBER

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



OPEN GYM TIMES & COURT EVENTS



AUGUST 24-SEPTEMBER 6

MON



- Open 5 am to 5:30 pm
- VBall Leagues 6 pm to Close

TUE



- Open 5 am to 10 am
- Pickleball 10 am to 12 pm
- Open 12 pm to Close

WED



- Open 5 am to 1 pm
- Pickleball 1 pm to 3 pm
- Open 3 pm to Close

THU



- Open 5 am to 10 am
- Pickleball 10 am to 12 pm;
- Open 12 pm to 5:30 pm
- VBall Leagues 6 pm to Close

FRI



- Open 5 am to 5:30 pm
- VBall Leagues 5:30 pm to Close

SAT



- Open 7 am to 11 am
- Pickleball 11 am to 1 pm
- Open 1 pm to Close

SUN



- Open All Day



THANK YOU FOR YOUR FLEXIBILITY AND SUPPORT!

LET'S MAKE THIS A GREAT SUMMER TOGETHER.

Max & Ruth Pollack Aquatic Complex Schedule

JCC Aquatics

August 16-September 6

COMPETITION POOL							
TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-8AM		Lap Swim 5:30-9PM	Lap Swim 5:30-9PM Adult Swim League 6-7AM	Lap Swim 5:30-9PM	Lap Swim 5:30-9PM Adult Swim League 6-7AM	Lap Swim 5:30-5PM	
8-9AM	Lap Swim 8AM-4PM						Lap Swim 8AM-9PM
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
12-4:30PM	Family/Lap Swim 12-4PM	Lap Swim 10AM-4PM	Lap Swim 10AM-4PM	Lap Swim 10AM-4PM	Lap Swim 10AM-4PM	Lap Swim 10AM-4PM	Family/Lap Swim 10AM-4:00PM
4:30-6PM	JCC Closes at 5PM	Family/Lap Swim 4-6PM	Family/Lap Swim 4-8PM	Family/Lap Swim 4-6PM	Family/Lap Swim 4-8PM	Family/Lap Swim 2-5PM	JCC Closes at 5PM
6-7PM		Aqua aerobics 6-7PM					
7-8PM		Adult Swim League 7-8PM		Adult Swim League 6-8PM			

THERAPY POOL							
TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8AM-12PM	Learn-to-Swim (Pool Closed) 8am-12pm	Pool Closed 5:30am-4:00pm	Pool Closed 5:30am-4:00pm	Pool Closed 5:30am-4:00pm	Pool Closed 5:30am-4:00pm	Pool Closed 5:30 am-2pm	Family Swim 9AM-4PM
12-4PM	Family Swim 12-4PM					Family Swim 2-5PM	
4-8PM	JCC Closes at 5PM	Family Swim 4-8PM	Family Swim 4-8PM	Family Swim 4-8PM	Family Swim 4-8PM		JCC Closes at 5PM

IMPORTANT NOTES

*Lap Swim only:
reservation based

*Evening aerobics
ends August 31

*Morning aerobics
ends September 19

- Swim Team
- Adult League/Swim Lessons
- Aqua Aerobics
- Camp
- Family/Lap Swim
- Lap Swim Only

Scan to
view our
programs



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 court 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



Craft Fair

VENDORS WANTED

Showcase your handmade creations, unique gifts, artisan products, and specialty items at our community Holiday Craft Fair!

\$80

*Tables and electricity are available for an additional fee

WE ARE LOOKING FOR:

Handmade Crafts
Jewelry
Home Décor
Candles & Soaps

Clothing & Accessories
Holiday Gifts
Gourmet Foods & Treats
Local Artists & Small Businesses

**9AM-
3PM**

NOVEMBER 21

JCC AUDITORIUM

For more information

Contact Dawn
(505)418-4473 • dawnL@jccabq.org



Programs & Classes

Meditation, Mantra, Mudras & More

A transformative yoga experience beyond the mat

Sept. 5
1:30-3 pm

Sign Up Now
Members: \$20



Discover the deeper dimensions of yoga with Sara Ukeiley (RYT-500). While many know yoga for its physical poses (asana), the true practice encompasses so much more.

Join us for an enriching journey featuring breath work, sound healing, meditation, chakra balancing, mantras, yoga nidra, and other transformative practices that will expand your understanding of this ancient tradition.

What to bring: Yoga mat and blanket
(optional for extra comfort & support)

Contact Dawn for info

(505)418-4473 • DawnL@jccabq.org



BROADWAY Jazz

Step into the spotlight in this fun and welcoming Broadway jazz class for dancers of all experience levels! Each class combines jazz technique, expressive movement, musicality, and choreography inspired by Broadway's most memorable shows. Dancers will explore character, storytelling, stage presence, and performance while building confidence, coordination, flexibility, and strength. Instructor Brynlyn Loomis provides modifications and challenges so everyone - from beginners to experienced performers - can learn and grow at their own pace. Come dance, perform, and experience the magic of Broadway!



**REGISTER
NOW!**



THURSDAYS
SEPT. 10 - OCT. 15



6:30-7:30PM



MEMBERS: \$75
NON-MEMBERS: \$100

For info contact Dawn

(505)418-4473 • dawnL@jccabq.org



KIDS Dance

IN THIS CLASS, KIDS WILL:

- Learn basic dance technique and movement
- Explore rhythm, tempo, and spatial awareness
- Build confidence and self-expression
- Practice cooperation and making friends
- Develop social-emotional skills through movement and play



Sundays,
Sep 13 - Oct 18, 2026



Ages 3-5 • 1-1:45pm
Ages 6-8 • 2-2:45pm



Members: \$75
Non-members: \$100



**LEARN
MORE**



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



NATIONAL DANCE DAY

Sunday, Sept. 27
9AM-10:30AM
JCC Auditorium
Members: FREE
Non-Members: \$5

Scan to register



This dance fitness class will feature several different dance formats & instructors for an awesome, high energy class! When you dance, you feel your body and soul and you forget the world and rules. You simply enjoy your existence and get lost in the beautiful feeling. Best wishes on National Dance Day!

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



Fitness & Wellness Events

BONE HEALTH CLINIC

SEPT. 26- NOV. 7
MEMBER PRICE: \$95
NON-MEMBER: \$125

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 • 11am-12pm

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



WE'VE GOT YOUR BACK

Led by Jules Somera
Doctor of Physical Therapy

Thursdays • 10:15am-11am

6 weeks • Sept 3- Oct 8

Members: \$99 | Non Members: \$129
Includes pre-program assessment

Do you suffer from lower back or hip pain? We've got your back! Join Physical Therapist Jules for this 6-week back-focused class. Each session concentrates on spine, hip & pelvic health by a variety of conditioning the core and stretching/strengthening. Learn more about where your pain might really be originating from (Surprise! It's not always your back that's the real problem!)

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



Spanish for Adults

12 Weeks • September 14-December 14

Members: \$190 • Non-Members: \$220

• Intermediate Mondays 1-2:15pm

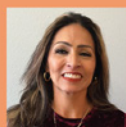
Ready to go beyond the basics?

Expand your vocabulary, strengthen your understanding of grammar, and gain confidence holding longer conversations. You'll practice listening, reading, and speaking while learning practical language you can use for travel, work, and everyday communication.

• Advanced Mondays 2:30-3:45pm

For students who already have a solid foundation in Spanish.

Refine your fluency through conversation, reading, writing, and more advanced grammar. Discussions focus on expressing ideas naturally, improving comprehension, and communicating with greater confidence and accuracy.



MEET YOUR INSTRUCTOR

Magda Holloway

Magda is a certified language instructor from Colombia who has been teaching adult Spanish at the JCC for more than eight years. Her classes are known for being warm, engaging, and encouraging. She creates a supportive environment where students feel comfortable asking questions, practicing conversation, and building confidence at their own pace.



SCAN TO LEARN MORE

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



SEPTEMBER LUNCH & LEARN

Now on Thursdays

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

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

\$7 PROGRAM ONLY • \$14 PROGRAM & LUNCH

**REGISTRATION & PAYMENT ARE DUE
BEFORE EACH LUNCH & LEARN**



September 10

911 & Beyond: What to Do in an Emergency

Join Cathy Tenen, a 911 operator with APD Dispatch, for a helpful conversation about calling 911 and the non-emergency line (242-COPS). Learn what to expect when you call, what information dispatchers need, and how to be prepared when seeking help.

Lunch Provided by: *Mimi's Cafe*
Soup, Salad, Croissants



September 17

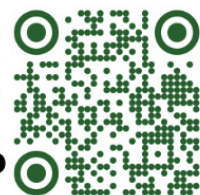
Rosh Hashanah with Rabbi Lerner

Join us as we welcome a local rabbi for a conversation about Rosh Hashanah, the Jewish New Year. Enjoy lunch while learning more about the traditions, meaning, and themes of this important holiday. No prior knowledge is needed. Bring a friend!

Lunch Provided by: *Rhubarb and Elliott*
Crispy Chicken, Salad and Rice

For questions contact Alyssa Atias
(505)418-4480 or alyssaa@jccabq.org
Visit jccabq.org/connect-60 for info

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for
Info



SAMSON CHALLENGE

OCTOBER 4, 2026

TRUCK PULL

presented by:



Steward's Plumbing
RESIDENTIAL • COMMERCIAL • INDUSTRIAL

A fan-favorite challenge, the Truck Pull pushes athletes to haul a half-ton truck for 25m.



Scan for info

CHARLES
STEPHEN



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

SAMSON CHALLENGE

OCTOBER 4, 2026

SOLD OUT!

multi-event
the race that
strength,
& agility
you to discover
you're made of.
For 5-y
old
Legs in
comp
ion
for everyone.

+Athletes
1,000+ Spectators



SEPTEMBER

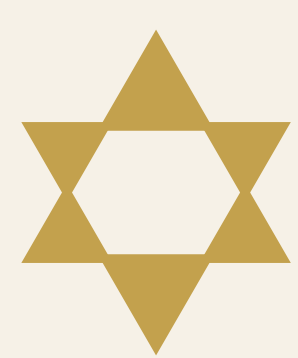
Program Guide



The Ronald Gardenswartz
Jewish Community Center

SEPTEMBER

Program Guide



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



SEPTEMBER

Program Guide



Fitness • Aquatics • Arts • Wellness