



JCC Group Fitness Inclement Weather Policy

Assuming the JCC is open, Group Fitness classes will follow this policy:

1. **Morning classes, Monday-Friday.** If Baltimore County Public Schools are delayed or cancelled, there will be no 6:00am classes and we will follow the schedule below.
2. **Evening classes** will be determined by 3:30pm
3. **Saturday classes in Owings Mills** will be determined by 6:00am on Saturday morning
4. **Saturday evening classes in Park Heights** will be determined by 6:00pm on Saturday evening
5. **Sunday morning classes** will be determined by 6:00am Sunday morning

		OWINGS MILLS		PARK HEIGHTS
MON	8:30am 9:30am 9:30am 10:40am	Cycling (Larisa/CS) BODYPUMP (Rachel/GFS) BODYCOMBAT (Larisa/DS) Yoga-75 (Jeanne/DS)	8:45am 9:30am 9:30am	J-JAM (Linda/ONE) BODYPUMP (Jackie/ONE) COED Get Fit, Stay Fit (Andrea/GFS)
TUES	8:30am 8:30am 9:30am 10:40am	BODYPUMP (Larisa/GFS) J-BARRE (Amy/DS) BODYATTACK/CXWORX (Larisa/GFS) BODYFLOW (Lori O/DS)	9:30am 10:00am 10:45am	BODYFLOW (Jackie/NRG) BODYCOMBAT (Surena/ONE) Yoga-75 (Jackie/NRG)
WED	8:30am 9:30am 9:30am 10:30am	BODYSTEP (Amy S/GFS) RPM (Lori/CS) BODYPUMP (Amy S/GFS) Yoga-75 (Amy GK/DS)	8:30am 9:35am 10:30am	BODYPUMP (Rachel/ONE) BODYATTACK (Mati/ONE) Yoga-75 (Judy/NRG)
THURS	8:30am 9:30am 9:30am 10:40am	BODYCOMBAT (Susanna/GFS) Cycling (Larisa/CS) Gentle Yoga (Jeanne/DS) Yoga-75 (Tanya/DS)	8:30am 9:30am 9:30am	ZUMBA (Joyce/ONE) BODYSTEP (Emily L/ONE) BODYFLOW (Rachel/NRG)
FRI	8:30am 9:45am 10:35am	BODYPUMP (Rachel/GFS) BODYCOMBAT-45 (Surena/GFS) ZUMBA Gold (Pam/GFS)	8:45am 9:30am 9:45am 10:45am	BODYCOMBAT (Amy S/ONE) Get Fit, Stay Fit (Andrea/GFS) BODYPUMP (Amy S/ONE) Yoga-75 (Rivka M/NRG)

OWINGS MILLS STUDIOS: CS (Cycling), GFS (Group Fitness), DS (Dance)

PARK HEIGHTS STUDIOS: ONE (Studio One); NRG (NRG Studio), GFS (Group Fitness)