





DECEMBER 2024
CLASS SCHEDULE
ALL CLASSES HELD AT THE COMMUNITY CENTER



Grosse Pointe Woods Community Center

• **20025 Mack Plaza, Grosse Pointe Woods, Michigan 48236**

Phone: 313-343-2408* Email: parks@gpwmi.us

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>8:45—9:45 am—FVH 10—11 am 20-20-20 11:30-12:30 pm CY</p>	<p>3</p> <p>8:45-9:45 am—Yoga 10—11 am—Yoga 6:00-7:00 pm—Yoga</p>	<p>4</p> <p>8:45—9:45 am—FVH 10—11 am 20-20-20 11:30-12:30 pm CY</p>	<p>5</p> <p>8:45-9:45 am—Yoga 10—11 am—Yoga 6:00-7:00 pm—Yoga</p>	<p>6</p> <p>8:45—9:45 am—FVH</p>
<p>9</p> <p>8:45—9:45 am—FVH 10—11 am 20-20-20 11:30-12:30 pm CY</p>	<p>10</p> <p>8:45-9:45 am—Yoga 10—11 am—Yoga 6:00-7:00 pm—Yoga</p>	<p>11</p> <p>8:45—9:45 am—FVH 10—11 am 20-20-20 11:30-12:30 pm CY</p>	<p>12</p> <p>8:45-9:45 am—Yoga 10—11 am—Yoga 6:00-7:00 pm—Yoga</p>	<p>13</p> <p>8:45—9:45 am—FVH</p>
<p>16</p> <p>8:45—9:45 am—FVH 10—11 am 20-20-20 11:30-12:30 pm CY</p>	<p>17</p> <p>8:45-9:45 am—Yoga 10—11 am—Yoga 6:00-7:00 pm—Yoga</p>	<p>18</p> <p>8:45—9:45 am—FVH 10—11 am 20-20-20 11:30-12:30 pm CY</p>	<p>19</p> <p>8:45-9:45 am—Yoga 10—11 am—Yoga 6:00-7:00 pm—Yoga</p>	<p>20</p> <p>8:45—9:45 am—FVH</p>
<p>23</p> <p>8:45—9:45 am—FVH 10—11 am 20-20-20 11:30-12:30 pm CY</p>	<p>24</p> 	<p>25</p> 	<p>26</p> <p>8:45-9:45 am—Yoga 10—11 am—Yoga 6:00-7:00 pm—Yoga</p>	<p>27</p> <p>8:45—9:45 am—FVH</p>
<p>30</p> <p>8:45—9:45 am—FVH 10—11 am 20-20-20 11:30-12:30 pm CY</p>	<p>31</p> 	<p>1</p> 	<p>2</p> <p>8:45-9:45 am—Yoga 10—11 am—Yoga 6:00-7:00 pm—Yoga</p>	<p>3</p> <p>8:45—9:45 am—FVH</p>

KEY TO ABBREVIATIONS

CY: Chair Yoga

FVH: Fitness Vitality & Health

Yoga

20-20-20: Senior Fit 20-20-20

SEVERE WEATHER

The fitness classes held at the Grosse Pointe Woods Community Center follow the Grosse Pointe Public School (GPPS) closures in regards to severe weather.

If Grosse Pointe Public Schools are closed due to severe weather, fitness classes at the Community Center will be cancelled as well.

On the morning of canceled classes notices will be posted by 7:30 a.m. on the website www.gpwmi.us/fitness and a message will be on the Community Center voicemail 313-343-2408.