



CITY OF GROSSE POINTE WOODS  
 20025 Mack Plaza Drive  
 Grosse Pointe Woods, Michigan 48236-2397  
 Parks and Recreation  
 Telephone (313) 343-2408  
 Fax (313) 642-5105  
 E-mail: parks@gpwwmi.us

### Community Center Fitness Classes Procedures During COVID-19

The Grosse Pointe Woods fitness classes at the Community Center are scheduled to resume **Monday, February 8, 2021**. The health and safety of our staff and residents is high priority. Participants are asked to review the procedures of the Community Center Fitness Classes during the COVID-19 pandemic. Classes are held at the Grosse Pointe Woods Community Center, 20025 Mack Plaza.

By the restrictive opening of the fitness classes and facility, the City of Grosse Pointe Woods does not represent that it is safe or that there is not a risk of contracting COVID-19 by use of the facility. Everyone using the facility does so at their own risk.

#### HOW ARE CLASSES CONFIGURED?

Classes will be limited to 11 participants. Due to limited capacity, pre-registration for classes is required. Registration will open on Mondays at 8:00 a.m., one week in advance. Click below to register online or call the Community Center 313-343-2408 to register by phone.

#### WHAT CAN I EXPECT WHEN I ARRIVE?

Staff members will be stationed at the door for check-in and all participants must complete a COVID-19 screening (including temperature checks) prior to entering.

Participants will be allowed to enter the room 15 minutes prior to class and it is requested that participants exit the room within 10 minutes of the conclusion of class. **Masks must be worn (covering nose and mouth) at all times while in the facility.**

#### WHAT ARE THE DISINFECTING AND CLEANING PROCEDURES?

- Door handles, chairs, and touch points will be cleaned by staff between classes.
- Carpets will be vacuumed between classes.
- Cleaning stations will be available for participants to disinfect their personal equipment.

#### How Can I Prepare to Use the Facilities?

Participants are encouraged to:

- Bring their own equipment (exercise mats, weights, yoga bricks, etc.) Exercise equipment will not be stored at the facility.
- Bring a full water bottle. (Water fountains closed)
- Bring a minimum amount of personal belongings.
- Should not share personal belongings.

[Click here to access class registration!](#)

Weeks of Class	Date registration opens at 8:00 a.m.
<a href="#">Week 1: February 8 -12</a>	Monday, February 1
<a href="#">Week 2: February 15 - 19</a>	Monday, February 8
<a href="#">Week 3: February 22 - 26</a>	Monday, February 15
<a href="#">Week 4: March 1 - 5</a>	Monday, February 22
<a href="#">Week 5: March 8 - 12</a>	Monday, March 1
<a href="#">Week 6: March 15 - 19</a>	Monday, March 8
<a href="#">Week 7: March 22 - 26</a>	Monday, March 15

Weeks of Class	Date registration opens at 8:00 a.m.
<a href="#">Week 8: March 29 - April 1</a>	Monday, March 22
<a href="#">Week 9: April 5 - April 9</a>	Monday, March 29
<a href="#">Week 10: April 12 - 16</a>	Monday, April 5
<a href="#">Week 11: April 19 - April 23</a>	Monday, April 12
<a href="#">Week 12: April 26 - April 30</a>	Monday, April 19

# Classes at the GPW Community Center

**\* By restrictive opening of the fitness classes and facility, the City of Grosse Pointe Woods does not represent that it is safe or that there is not a risk of contracting COVID-19 by use of the facility. Everyone does so at their own risk.**

**Note: Social distancing and disinfecting practices are followed for all classes. Masks must be worn at all times.\***

All classes are limited to 11 participants. Consequently, weekly registration for each class session is required. Registration opens at 8 a.m. every Monday. Register online at [www.gpwmi.us](http://www.gpwmi.us) and click on the *Fitness Class* box, or call the Community Center at (313) 343-2408 to register by phone.



Pay per day or purchase a “Membership Pass” that can be used for any class. This pass allows participants to pay in advance at a discounted rate. The card is scanned each time a member attends, and one class “credit” is deducted. When the prepaid class credits are used up, the participant can then purchase additional credits. At least six class credits must be purchased and loaded on the card to receive the discounted membership rate.

## FEE (Cash or Check Only)

**Membership package** (good for any yoga or fitness class) with 6 visits: \$30 resident \$33 non-resident  
**Pay-per-day:** \$6 resident \$7 non-resident

## Yoga

The postures of Hatha Yoga help you achieve optimal well-being and dispel restlessness, tension and fatigue. Movements help make you feel refreshed. Wear loose clothing. Bring a mat and a blanket or towel.

Tuesday  
Thursday  
8:30-9:30 a.m.

Instructor: Roy Thibodeau – more than 40 years experience teaching yoga; certified member and current president of the Golden Lotus Yoga Teachers Assoc.

Tuesday  
Thursday  
6-7 p.m.

Instructor: Mary Ann Thibodeau – more than 40 years experience teaching yoga; certified member of the Golden Lotus Yoga Teachers Association

## Chair Yoga

Enjoy the many healthful benefits of yoga regardless of physical limitations due to age, conditioning or chronic illness, like arthritis. All postures and movements are accomplished with support of a chair. Experience a new connection to your body by moving, stretching, and strengthening all major muscle groups with a mindful and powerful breath that creates energy and relieves stress from body and mind. Bring a yoga mat and wear comfortable clothing.

Monday  
Wednesday  
11:30 a.m.  
-12:30 p.m.

Instructor: Jill Doughty – YogaFit trained; certified in Group Fitness by the Aerobics and Fitness Association of America

## Fitness, Vitality and Health

This dynamic and energetic workout is open to all ages and fitness levels, male and female. It's a total fitness workout to improve stamina, strength and stretch. Low-impact aerobics rev up your cardiovascular system, and light weights condition and strengthen the major muscle groups. Pilates and yoga techniques lengthen and tone your entire body. Each session ends with gentle movements to relax and maintain flexibility. Wear loose clothing and shoes with good support.

Monday  
Wednesday  
Friday  
8:30-9:30 a.m.

Instructor: Carol Piper – bachelor's degree in health and physical education; taught 10 years in a local school system; more than 30 years leading adult classes Alternate: Marlise Cole - mentee of Carol Piper and 30 years ballet teacher

## Senior Fit 20-20-20

Designed especially for seniors, this class provides 20 minutes of gentle cardio, 20 minutes of strength and balance exercises and 20 minutes of stretch and flexibility movements. There are no floor exercises. Wear loose clothing and shoes with good support. Bring three and/or five pound weights to class.

Monday  
Wednesday  
10- 11 a.m.

Instructor: Jill Doughty – YogaFit trained; certified in Group Fitness by the Aerobics and Fitness Association of America

## Senior Core Strength and Balance

Designed especially for seniors, participants will work on improving balance, posture and core strength using a variety of exercises. A chair will be used as support for seated and standing exercises, participants will not be asked to do floor exercises. No equipment is needed.

Monday  
Wednesday  
1-2 p.m.

Instructor: Jill Doughty – YogaFit trained; certified in Group Fitness by the Aerobics and Fitness Association of America