

# Fitness, Vitality and Health

## Grosse Pointe Woods Community Center

This dynamic and energetic workout is open to all ages. A combination of aerobics and light weights provide a total fitness work out incorporating stamina, strength, and stretch.

### Drop in rate

\$6 resident (\$7 non resident)

### Package of 6 classes

\$30 resident (\$33 non resident)

### Full session (17 classes)

\$85 resident (\$94 non resident)

Registration now open for  
Spring Session I, February 22– April 2!

Contact the Grosse Pointe Woods Community Center  
(313) 343-2408

**Mondays  
Wednesdays  
Fridays  
8:35 am– 9:25 am**