

20025 Mack Plaza Dr.  
Grosse Pointe Woods

# August 2026

| MON                                                                                                                          | TUE                                                                                                                          | WED                                                                                 | THU                                                                       | FRI                                                  |
|------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------|------------------------------------------------------|
|                                                                                                                              |                                                                                                                              |                                                                                     |                                                                           |                                                      |
| <b>3</b><br><br><b>Classes Canceled</b><br> | <b>4</b><br><br><b>Classes Canceled</b><br> | <b>5</b><br><br><b>Classes Canceled</b>                                             | <b>6</b><br><br>8:45-9:45 A.M. —Yoga<br>10—11 A.M.—Yoga<br>6 — 7 pm—Yoga  | <b>7</b><br><br>8:45—9:45 A.M.—FVH<br>10—11 A.M. CY  |
| <b>10</b><br><br>8:45—9:45 A.M.—FVH<br>10—11 A.M. 20-20-20<br>11:30—12:30 P.M. CY                                            | <b>11</b><br><br>8:45-9:45 A.M. —Yoga<br>10—11 A.M.—Yoga<br>6—7 P.M.—Yoga                                                    | <b>12</b><br><br>8:45—9:45 A.M.—FVH<br>10—11 A.M. —20-20-20<br>11:30—12:30 P.M. —CY | <b>13</b><br><br>8:45-9:45 A.M. —Yoga<br>10—11 A.M.—Yoga<br>6 — 7 pm—Yoga | <b>14</b><br><br>8:45—9:45 A.M.—FVH<br>10—11 A.M. CY |
| <b>17</b><br><br>8:45—9:45 A.M.—FVH<br>10—11 A.M. 20-20-20<br>11:30—12:30 P.M. CY                                            | <b>18</b><br><br>8:45-9:45 A.M. —Yoga<br>10—11 A.M.—Yoga<br>6—7 P.M.—Yoga                                                    | <b>19</b><br><br>8:45—9:45 A.M.—FVH<br>10—11 A.M. —20-20-20<br>11:30—12:30 P.M. —CY | <b>20</b><br><br>8:45-9:45 A.M. —Yoga<br>10—11 A.M.—Yoga<br>6 — 7 pm—Yoga | <b>21</b><br><br>8:45—9:45 A.M.—FVH<br>10—11 A.M. CY |
| <b>24</b><br><br>8:45—9:45 A.M.—FVH<br>10—11 A.M. 20-20-20<br>11:30—12:30 P.M. CY                                            | <b>25</b><br><br>8:45-9:45 A.M. —Yoga<br>10—11 A.M.—Yoga<br>6—7 P.M.—Yoga                                                    | <b>26</b><br><br>8:45—9:45 A.M.—FVH<br>10—11 A.M. —20-20-20<br>11:30—12:30 P.M. —CY | <b>27</b><br><br>8:45-9:45 A.M. —Yoga<br>10—11 A.M.—Yoga<br>6 — 7 pm—Yoga | <b>28</b><br><br>8:45—9:45 A.M.—FVH<br>10—11 A.M. CY |
| <b>31</b><br><br>8:45—9:45 A.M.—FVH<br>10—11 A.M. 20-20-20<br>11:30—12:30 P.M. CY                                            |                                                                                                                              |                                                                                     |                                                                           |                                                      |

## Key to Abbreviations

**CY:** Chair Yoga  
**FVH:** Fitness Vitality & Health  
**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/parksrec/page/fitness-classes](http://www.gpwmi.us/parksrec/page/fitness-classes)  
 and a message will be on the Community Center voicemail  
 313-343-2408.