

Classes at the GPW Community Center



Pay per day or purchase a “Multi-Visit Pass” that can be used for any class. This pass allows participants to pay in advance at a discounted rate. The customer will scan their membership card 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 to receive the discounted membership rate.

Fee

Multi-visit Pass (good for any yoga or fitness class) with 6 visits: \$30 resident \$33 non-resident

Pay-per-day: \$6 resident \$7 non-resident

****Please note, the Community Center doors will not open until 8:30am.**

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
8:45-9:45 a.m.
10-11 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. Wear comfortable clothing.

Monday
Wednesday

August
11:15 a.m.
-12:15 p.m.
September
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. Bring a floor mat.

Monday
Wednesday
Friday
8:45-9:45 a.m.

Instructor: Marlise Cole - 30-year 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 a set of light weights.

Monday
Wednesday
10-11 a.m.

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

The Community Center office, located at 20025 Mack Plaza, now accepts credit cards - with a non-refundable convenience fee of \$2 or 2.55% of the payment (whichever is greater).

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.