

JANUARY 2026 CLASS SCHEDULE

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
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5 8:45—9:45 am—FVH 10—11 am 20-20-20 11:30-12:30 pm CY	6 8:45-9:45 am—Yoga 10—11 am—Yoga 6:00-7:00 pm—Yoga	7 8:45—9:45 am—FVH 10—11 am 20-20-20 11:30-12:30 pm CY	8 8:45-9:45 am—Yoga 10—11 am—Yoga 6:00-7:00 pm—Yoga	9 8:45—9:45 am—FVH 10—11 am CY
12 8:45—9:45 am—FVH 10—11 am 20-20-20 11:30-12:30 pm CY	13 8:45-9:45 am—Yoga 10—11 am—Yoga 6:00-7:00 pm—Yoga	14 8:45—9:45 am—FVH 10—11 am 20-20-20 11:30-12:30 pm CY	15 8:45-9:45 am—Yoga 10—11 am—Yoga 6:00-7:00 pm—Yoga	16 8:45—9:45 am—FVH 10—11 am CY
19 	20 8:45-9:45 am—Yoga 10—11 am—Yoga 6:00-7:00 pm—Yoga	21 8:45—9:45 am—FVH 10—11 am 20-20-20 11:30-12:30 pm CY	22 8:45-9:45 am—Yoga 10—11 am—Yoga 6:00-7:00 pm—Yoga	23 8:45—9:45 am—FVH 10—11 am CY
26 8:45—9:45 am—FVH 10—11 am 20-20-20 11:30-12:30 pm CY	27 8:45-9:45 am—Yoga 10—11 am—Yoga 6:00-7:00 pm—Yoga	28 8:45—9:45 am—FVH 10—11 am 20-20-20 11:30-12:30 pm CY	29 8:45-9:45 am—Yoga 10—11 am—Yoga 6:00-7:00 pm— Yoga CANCELED	30 8:45—9:45 am—FVH 10—11 am CY

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/parksrec/page/fitness-classes and a message will be on the Community Center voicemail 313-343-2408.