

20025 Mack Plaza Dr.
Grosse Pointe Woods

September 2026

MON	TUE	WED	THU	FRI
31 8:45—9:45 A.M.—FVH 10—11 A.M. 20-20-20 11:30—12:30 P.M. CY	1 8:45-9:45 A.M. — Yoga 10—11 A.M.—Yoga 6—7 P.M.—Yoga	2 8:45—9:45 A.M.—FVH 10—11 A.M. —20-20-20 11:30—12:30 P.M. —CY	3 8:45-9:45 A.M. —Yoga 10—11 A.M.—Yoga 6 — 7 pm—Yoga	4 8:45—9:45 A.M.—FVH 10—11 A.M. CY
7 LABOR DAY CLOSED	8 8:45-9:45 A.M. — Yoga 10—11 A.M.—Yoga 6—7 P.M.—Yoga	9 8:45—9:45 A.M.—FVH 10—11 A.M. —20-20-20 11:30—12:30 P.M. —CY	10 8:45-9:45 A.M. —Yoga 10—11 A.M.—Yoga 6 — 7 pm—Yoga	11 8:45—9:45 A.M.—FVH 10—11 A.M. CY
14 8:45—9:45 A.M.—FVH 10—11 A.M. 20-20-20 11:30—12:30 P.M. CY	15 8:45-9:45 A.M. — Yoga 10—11 A.M.—Yoga 6—7 P.M.—Yoga	16 8:45—9:45 A.M.—FVH 10—11 A.M. —20-20-20 11:30—12:30 P.M. —CY	17 8:45-9:45 A.M. —Yoga 10—11 A.M.—Yoga 6 — 7 pm—Yoga	18 8:45—9:45 A.M.—FVH 10—11 A.M. CY - CANCELLED due to Blood Drive
21 8:45—9:45 A.M.—FVH 10—11 A.M. 20-20-20 11:30—12:30 P.M. CY	22 8:45-9:45 A.M. — Yoga 10—11 A.M.—Yoga 6—7 P.M.—Yoga	23 8:45—9:45 A.M.—FVH 10—11 A.M. —20-20-20 11:30—12:30 P.M. —CY	24 8:45-9:45 A.M. —Yoga 10—11 A.M.—Yoga 6 — 7 pm—Yoga CANCELLED	25 8:45—9:45 A.M.—FVH 10—11 A.M. CY
28 8:45—9:45 A.M.—FVH 10—11 A.M. 20-20-20 11:30—12:30 P.M. CY	29 8:45-9:45 A.M. — Yoga 10—11 A.M.—Yoga 6—7 P.M.—Yoga	30 8:45—9:45 A.M.—FVH 10—11 A.M. —20-20-20 11:30—12:30 P.M. —CY	1 8:45-9:45 A.M. —Yoga 10—11 A.M.—Yoga 6 — 7 pm—Yoga	2 All Classes Cancelled

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