



CITY OF GROSSE POINTE WOODS
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Community Center Fitness Classes Procedures During COVID-19

The Grosse Pointe Woods fitness classes at the Community Center are scheduled to resume Monday, September 28, 2020. The health and safety of our staff and residents is high priority. Participants are asked to review the procedures of the Community Center Fitness Classes during the COVID-19 pandemic. Classes are held at the Grosse Pointe Woods Community Center, 20025 Mack Plaza.

By the restrictive opening of the fitness classes and facility, 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 using the facility does so at their own risk.

HOW ARE CLASSES CONFIGURED?

Classes will be limited to 11 participants. Due to limited capacity, pre-registration for classes is required. Registration will open on Mondays at 8:00 a.m., one week in advance. Click below to register online or call the Community Center 313-343-2408 to register by phone.

WHAT CAN I EXPECT WHEN I ARRIVE?

Staff members will be stationed at the door for check-in and all participants must complete a COVID-19 screening (including temperature checks) prior to entering.

Participants will be allowed to enter the room 15 minutes prior to class and it is requested that participants exit the room within 10 minutes of the conclusion of class. **Masks must be worn (covering nose and mouth) at all times while in the facility.**

WHAT ARE THE DISINFECTING AND CLEANING PROCEDURES?

- Door handles, chairs, and touch points will be cleaned by staff between classes.
- Carpets will be vacuumed between classes.
- Cleaning stations will be available for participants to disinfect their personal equipment.

How Can I Prepare to Use the Facilities?

Participants are encouraged to:

- Bring their own equipment (exercise mats, weights, yoga bricks, etc.) Exercise equipment will not be stored at the facility.
- Bring a full water bottle to avoid touching the tap or water fountain (no glass bottles).
- Bring a minimum amount of personal belongings.
- Should not share personal belongings.

Weeks of Class Click the week below to register	Date registration opens at 8:00 a.m.
Week 1: Sept. 28 – Oct. 2	Wednesday, September 23
Week 2: October 5 – 9	Monday, September 28
Week 3: October 12 – 16	Monday, October 5
Week 4: October 19 – 23	Monday, October 12
Week 5: October 26 – 30	Monday, October 19
Week 6: November 2 – 6	Monday, October 26
Week 7: November 9 – 13	Monday, November 2

Weeks of Class Click the week below to register	Date registration opens at 8:00 a.m.
Week 8: November 16 – 20	Monday, November 9
Week 9: November 23 – 25	Monday, November 16
Week 10: Nov. 30 – Dec. 4	Monday, November 23
Week 11: December 7 – 11	Monday, November 30
Week 12: December 14 – 18	Monday, December 7
Week 13: December 21 – 23	Monday, December 14
Week 14: December 28 – 30	Monday, December 21

<https://recweb.gpwmi.us/docs/communitycenterfitnessclasses.pdf>

Classes at the GPW Community Center

Note: Social distancing and disinfecting practices are followed for all classes. Masks must be worn at all times.*

All classes are limited to 11 participants. Consequently, weekly registration for each class session is required. Registration opens at 8 a.m. every Monday. Register online at www.gpwmi.us and click on the *Fitness Class* box, or call the Community Center at (313) 343-2408 to register by phone.



Pay per day or purchase a “Membership Pass” that can be used for any class. This pass allows participants to pay in advance at a discounted rate. The card is scanned 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 and loaded on the card to receive the discounted membership rate.

FEE (Cash or Check Only)

Membership package (good for any yoga or fitness class) with 6 visits: \$30 resident \$33 non-resident
Pay-per-day: \$6 resident \$7 non-resident

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
8:30-9:30 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
4:30-5:30 p.m.
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 *Schedule as of 10/19/20

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. Bring a yoga mat and wear comfortable clothing.

Wednesday
10:30-11:30 a.m.
12-1 p.m.

Tuesday
Thursday
1-2 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.

Monday
Wednesday
Friday
8:30-9:30 a.m.

Monday
10-11 a.m.

Instructor: Carol Piper – bachelor's degreed in health and physical education; taught 10 years in a local school system; more than 30 years leading adult classes Alternate: Marlise Cole - mentee of Carol Piper and 30 years ballet teacher

Senior Fit 20-20-20 *Schedule as of 10/19/20

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 three and/or five pound weights to class.

Tuesday
Thursday
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

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