

LEISURE UNLIMITED LLC

Adult Exercise Classes w/ Jo Schirtzinger

2018 Summer / Fall

Registration:

For pre-paid sessions, contact the hosting facility.

Drop-in fees are payable to the instructor.

Classes are on-going year-round with the exception of instructor vacation schedule and holidays.

All classes are subject to change without notice.

BAD WEATHER POLICY

If your facility's school district and / or West Bloomfield Public Schools are closed due to bad weather, you will not have class at your facility that day.

Starts	Day of Week	Weeks	Class / Special Event	Ages	Time	Location
--------	-------------	-------	-----------------------	------	------	----------

On-Going Classes:

Starts	Day of Week	Weeks	Class / Special Event	Ages	Time	Location
on-going	Monday		Stretch & Strength	35+	9:00 - 10:00 am	Novi Parks & Rec. - Meadowbrook
on-giong	Monday		Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
on-going	Tuesday		Stretch & Strength	35+	9:00 - 10:00 am	White Lake Twp. - Dublin Center
on-going	Tuesday		Stretch & Strength	35+	10:45 - 11:45 am	Milford Township - Senior Center

on-going	Wednesday		Stretch & Strength	35+	9:00 - 10:00 am	Novi Parks & Rec. - Meadowbrook
on-going	Wednesday		Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
on-going	Thursday		Stretch & Strength	35+	10:45 - 11:45 am	Milford Township - Senior Center
on-going	Friday		Stretch & Strength	35+	9:00 - 10:00 am	Novi Parks & Rec. - Meadowbrook
on-going	Friday		Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.

Pre-Paid Sessions:

Starts	Day of Week	Weeks	Class / Special Event	Ages	Time	Location
5/30 - 6/18	Monday Wednesday Friday	Punch Card Min. 6	Stretch & Strength	35+	9:00 - 10:00 am	Novi Parks & Rec. - Meadowbrook
6/4	Monday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
6/6	Wednesday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
6/8	Friday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
6/9 - 8/20	Monday Wednesday Friday	Punch Card Min. 6	Stretch & Strength	35+	9:00 - 10:00 am	Novi Parks & Rec. - Meadowbrook
7/23	Monday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
7/25	Wednesday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
7/27	Friday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
9/20	Thursday	8	Stretch & Strength	35+	2:15 - 3:15 pm	Huntington Woods P & R
8/20 - 1/1	Monday Wednesday Friday	Punch Card Min. 6	Stretch & Strength	35+	9:00 - 10:00 am	Novi Parks & Rec. - Meadowbrook
9/10	Monday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
9/12	Wednesday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
9/14	Friday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
9/14	Friday	6	Balance Training	35+	12:30 - 1:00 pm	Royal Oak Parks & Rec. - Salter Ctr.

10/22	Monday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
10/24	Wednesday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
10/26	Friday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
10/26	Friday	6	Balance Training	35+	12:30 - 1:00 pm	Royal Oak Parks & Rec. - Salter Ctr.

If classes are full, place your name on a waiting list.

Website: leisureunlimited.net