

LEISURE UNLIMITED LLC

Adult Exercise Classes w/ Jo Schirtzinger

2017 Winter / Spring

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
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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
1/4 - 3/31	Monday Wednesday Friday	Punch Card Min. 6	Stretch & Strength	35+	9:00 - 10:00 am	Novi Parks & Rec. - Meadowbrook
1/9	Monday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
1/11	Wednesday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
1/12	Thursday	8	Stretch & Strength	35+	2:15 - 3:15 pm	Huntington Woods Parks & Rec.
1/13	Friday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
1/15	Friday	6	Balance Training	35+	12:30 - 1:00 pm	Royal Oak Parks & Rec. - Salter Ctr.
2/22	Wednesday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
2/24	Friday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
2/24	Friday	6	Balance Training	35+	12:30 - 1:00 pm	Royal Oak Parks & Rec. - Salter Ctr.
3/6	Monday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
4/1 - 6/30	Monday Wednesday Friday	Punch Card Min. 6	Stretch & Strength	35+	9:00 - 10:00 am	Novi Parks & Rec. - Meadowbrook
4/17	Monday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
4/19	Wednesday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
4/20	Thursday	8	Stretch & Strength	35+	2:15 - 3:15 pm	Huntington Woods Parks & Rec.
4/21	Friday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
4/21	Friday	6	Balance Training	35+	12:30 - 1:00 pm	Royal Oak Parks & Rec. - Salter Ctr.
6/5	Monday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.

6/7	Wednesday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
6/9	Friday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
6/9	Friday	6	Balance Training	35+	12:30 - 1:00 pm	Royal Oak Parks & Rec. - Salter Ctr.
7/1 - 9/30	Monday Wednesday Friday	Punch Card Min. 6	Stretch & Strength	35+	9:00 - 10:00 am	Novi Parks & Rec. - Meadowbrook
7/24	Monday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
7/26	Wednesday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
7/28	Friday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.

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

Website: leisureunlimited.net