

# LEISURE UNLIMITED LLC

Adult Exercise Classes w/ Jo Schirtzinger

2018 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
1/8	Monday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
1/10	Wednesday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
1/12	Friday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
1/12	Friday	6	Balance Training	35+	12:30 - 1:00 pm	Royal Oak Parks & Rec. - Salter Ctr.
2/21	Wednesday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
2/23	Friday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
2/23	Friday	6	Balance Training	35+	12:30 - 1:00 pm	Royal Oak Parks & Rec. - Salter Ctr.
3/5	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
4/12	Thursday	8	Stretch & Strength	35+	2:15 - 3:15 pm	Huntington Woods Parks & Rec.
4/16	Monday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
4/18	Wednesday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
4/20	Friday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
4/20	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](http://leisureunlimited.net)**

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