

LEISURE UNLIMITED LLC

Adult Exercise Classes w/ Jo Schirtzinger

2021 Spring & Summer

Registration: Contact the hosting facility to register.

Due to COVID, 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
5/24	Monday	6	Stretch & Strength	35+	9:00 - 10:00 am	Novi Parks & Rec. - Civic Center
5/26	Wednesday	6	Stretch & Strength	35+	9:00 - 10:00 am	Novi Parks & Rec. - Civic Center
5/28	Friday	6	Stretch & Strength	35+	9:00 - 10:00 am	Novi Parks & Rec. - Civic Center
5/24	Monday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
5/26	Wednesday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
5/28	Friday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
6/1	Tuesday	drop in	Stretch & Strength	35+	9:00 - 10:00 am	Dublin Community Center - White Lake
6/8	Tuesday	drop in	Stretch & Strength	35+	10:45 - 11:45 am	Milford Senior Center
7/19	Monday	6	Stretch & Strength	35+	9:00 - 10:00 am	Novi Parks & Rec. - Civic Center

7/21	Wednesday	6	Stretch & Strength	35+	9:00 - 10:00 am	Novi Parks & Rec. - Civic Center
7/23	Friday	6	Stretch & Strength	35+	9:00 - 10:00 am	Novi Parks & Rec. - Civic Center
7/19	Monday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
7/21	Wednesday	6	Stretch & Strength	35+	11:00 am - Noon	Royal Oak Parks & Rec. - Salter Ctr.
7/23	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

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