



TOWN OF PELHAM
PARKS & RECREATION
DEPARTMENT



6 Village Green
Pelham, NH 03076

Email: recreation@pelhamweb.com
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(603) 635-2721
Fax (603) 508-3094

YOGA CALENDAR

For 2025-2026

CERTIFIED YOGA INSTRUCTOR: Daryle Hillsgrove

Open to adults of all ages! This will be an active, alignment-focused yoga class combining strength-building poses linked with graceful vinyasas. Students will explore deep stretches and breathwork. Each class will conclude with a relaxing savasana to round out this practice for a full mind-body workout experience. All levels are welcome but please note this is an “active” class. Bring a floor mat and water bottle to each class. Yoga blocks and straps are recommended but not required. If you have a medical condition, we ask for a doctor’s note permitting participation. For men and women ages 18+. Floor mat needed, water, bottle, yoga blocks and strap recommended.

Location: Hobbs Community Center, 8 Nashua Rd., Pelham NH

Time: Wednesdays- 6:30-7:30 p.m.

Session I: 6 Wednesday classes **\$60.00** (Sept 3 – Oct. 8)

Session II: 6 Wednesday classes **\$60.00** (Oct. 15-Nov. 19)

Session III: 6 Wednesday classes **\$60.00** (Dec. 3 – Jan. 21; skip Dec. 24& Dec. 31)

Session IV: 6 Wednesday classes **\$60.00** (January 28-March 4)

Session V: 6 Wednesday classes **\$60.00** (March 11-April 15)

Session VI: 6 Wednesday classes **\$60.00**(April 22-May 27)

Session VII: 4 Wednesday classes **\$40.00**(June 3-24)
Four-week session

Registration forms can be found at our Parks and Recreation office or register online at pelhamnh.recdesk.com. Register for one session or all sessions. The program is subject to cancellation due to insufficient sign-ups or inclement weather. Email recreation@pelhamweb.com or call 603-635-2721 with any questions.

Thank you!