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## **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](http://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](mailto:recreation@pelhamweb.com) or call 603-635-2721 with any questions.

Thank you!