



TOWN OF PELHAM
PARKS & RECREATION
DEPARTMENT



6 Village Green
Pelham, NH 03076

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(603) 635-2721
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TOTAL BODY CALENDAR

2025-2026

CERTIFIED FITNESS INSTRUCTOR – ALISON FOURNIER

This is a total body exercise class for all levels designed to strengthen, sculpt, and tone every muscle group utilizing free weights, resistance bands and your own body weight. Strength training is proven to help improve muscle strength, maintain bone health and aid in improving metabolism. The classes are led by certified fitness instructor Alison Fournier and done in just 60 minutes! Bring your own mat, water bottle, and good supportive sneakers. You may bring your own weights and bands. Try before you buy – free class with no obligation for new participants. For adults, men and women, age 16 and older.

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

Time: Mondays or Thursdays-6:30pm to 7:30pm

Session I: 6 Monday classes **\$60.00** (Sept. 8 – Oct. 13)
6 Thursday classes **\$60.00** (Sept 11 – Oct. 16)

Session II 6 Monday classes **\$60.00** (Oct. 20-Nov. 24)
5 Thursday classes **\$50.00** (Oct. 23-Nov. 20)

Session III: 6 Monday classes **\$60.00** (Dec. 1 – Jan. 12; skip 12/29)
5 Thursday classes **\$50.00** (Dec. 4 – Jan. 15; skip 12/25 & 1/1)

Session IV: 6 Monday classes **\$60.00** (January 26-March 9; Skip Feb. 23)
7 Thursday classes **\$70.00** (January 22-March 12; skip Feb. 26)

Session V: 6 Monday classes **\$60.00** (March 16-April 20)
6 Thursday classes **\$60.00** (March 19-April 23)

Session VI: 7 Monday classes **\$70.00** (May 4-June 22: skip May 25)
8 Thursday classes **\$80.00** (May 7-June 25)

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. ***\$10 discount applies if you attend both nights.** You must call the office for muti night discount. Email recreation@pelhamweb.com or call 603-635-2721 with any questions.

Thank you!